

~10TH January 2000~

Good evening. (General greetings)

As I return to you once more my dear friends, I embrace you all within my love. It is good that we join together once again. I feel from some of you some pressures of living, but hopefully as we continue all of these many fears will dispel. As I left you last time I told you that in this coming year there would be much new knowledge for you. This will be but for this time I would like to say to you all, I want you to be absolutely sure that when I say new knowledge, I do not mean new truth—there is a difference. *Truth* always has *been* and always *will be*, but you can gain in knowledge and in wisdom, dependent upon your capabilities of acceptance and how much you wish to grow spiritually. Do you understand the difference my friends? (*general agreement*) So therefore, when I say I will bring to you new knowledge, it will be new knowledge to you as far as your understanding has grown. Each one of you travels a slightly different pathway—this I know you understand. Therefore I wish to say to you, as new knowledge comes to you it may be that some can find within their hearts to accept more easily than others. But do not be concerned, because as time travels onwards, we will have much opportunity for questions. This I have always tried to do to make the knowledge simple in order that your understanding is great, that your intelligence is not demeaned in any way, but you accept these simple truths in the guise of new knowledge. So I say to you my dear friends, we have much work ahead of us. I hope that all of you as emissaries of Spirit will go forth as this new knowledge comes to you and let it radiate outwards to all you have contact with.

Lilian: I'm sure we will all do our best.

For this time I will not stay too long, so my friends, if you wish to speak with me, please do so now.

Mark: I have been asked to ask you if a lady called Maureen could come and see you next week? She is Colin's mother.

I am aware that the lady desires to visit with us. If her desire is genuine then we will make her welcome.

Yes, I will accept the lady. Does the other gentleman wish to speak with me?

George: I haven't a question at the moment—one may come.

There is always in you some puzzlement I feel, but if you do not wish to discuss it this time we will leave it there, thank you.

George: I have been working towards publication of my book. There is always a certain amount of puzzlement involved in that.

Yes, may I say this to you my dear friend: I know you have heard it many times, but the word is patience—it will come to you.

George: Yes, in our earth lives I am aware that we are perhaps overly time conscious (**Yes.**) and we like to meet what we set up for ourselves as deadlines, but I take your guidance that I should really be patient and yes, I have those inner feelings that one should really be patient.

Yes but in being patient that does not mean you should not strive—the two can go hand in hand.

George: Yes, it is proper and rational to strive and I should not get upset if things take a little longer.

Yes, perhaps this is the time to use a word perhaps I am not fond of but which is understandable to you all and I say the word '*faith*'. Perhaps better use the word *power of Spirit*, which can create for you all things. Do you understand? Have some faith in your own capabilities. After all when you are allowing the Spirit within to be confused, all of these feelings transfer to the physical being. This I also have told you many times, but I know you human beings, and I do not use these words unkindly, but you do need to be reminded so often of what you can achieve.

George: Yes indeed—

Remember my words of guidance to each one of you, this for your spiritual growth. I am not so much concerned about the everyday problems of your human lives, after all I come to teach, but in trying to teach you, I know sometimes you need upliftment in your daily lives. So, please accept my words kindly.

George: Yes indeed, thank you. I always hesitate to ask questions about my own personal things, but nevertheless it is very good to have a little guidance sometimes. (**Yes.**)

Sarah: Yes, I was just thinking that the same applies to my husband as well in his situation at the moment—he needs to be patient as well.

Remember, my dear friends, in your own spiritual unfoldment, you can also be the examples for others. Remember always that most people will learn by example, therefore it is important that each one of you show that spiritual nature to all that you come into contact with. I think for this time I will leave you with all of the love I can give to you and when we come together soon, there is so much for us to discuss. Now let us give time for others to speak with you. (General thanks and farewells)

One followed through Sue:

Welcome with greetings from the hills and mountains. I bring you air and I bring you the Spirit of the sky and of the earth and I bring you much from the living quarters and the leaves upon the trees. New life is all around, buds burst forth, plants grow, animals produce and the life cycle which is eternal continues. These words this time are meant for the lady who will shortly have a bud burst forth of her own. My child, the one you hold within you will bring you untold joys as your years unfold. This little one has much to do. As his life progresses from childhood to adulthood, remember these words if you can: in a few of your years your little one will astound you and hopefully you will recall this night and you will say 'it was foretold'. No more will I say but as he grows you will become aware of what my words intend. And also, do not squash any ideas which may come forth from this child. Listen to him and believe what you are told. Even if some of the things seem fanciful to you, I say to you, they are words from the Spirit. Look at the buds bursting from the trees and remember my words.

Lilian had the intuition to reduce the light level at this point, as another spoke through Eileen:

How very kind of you—we obviously have mind communications. I just sat here thinking what strange creatures human beings are. (giggles) Why must we sit in dark conditions, trying to communicate.

Ummm?

Lilian: It's more relaxing.

Granted.

Sarah: It's easier for you too, to come through when it's darker?

Physical darkness is difficult to explain—it is more for the protection of the physical body.

Sarah: Why is that?

Why? You see my opening words are true. If you are in communication of mind it would be most obvious, because the human body is frail and does not allow the strength of his Spirit to come forward. Therefore there is a meeting of Spirit and body, but it is the frailty of the human body which causes us concern. I did not intend to speak with you this time, but I sat here wondering when, WHEN will these human beings wake up. (Laughter) And so I found myself in communication with the lady, who instantly made full use of my thoughts and turned down the lights.

Lilian: So have you been a human being?

Let me just say this—again the lady is picking up my little discomfort at talking with you. So part of me knows and understands the human condition. Yes, it is not something I would wish to repeat, but it has helped in my understanding, but you have to admit, as human beings, you are most complex.

Lilian: Yes, we are. I guess that is the way things are meant to be.

No, no, no, no, no. I can tell you that the human race is going forward much more quickly than in any time past. I speak spiritually, of course. But in saying these things you have much to, ha ha, learn! So, forgive my intrusion into your quiet time, but I could not resist the opportunity to speak with you about you. (thanks expressed) Well, I can tell you gentleman, this occasion will not occur again.

Lilian: That's a shame, we are very grateful that you've spoken to us.

So I will only say this as I leave: Good living to you all.

George: We have felt and become more aware of our complexity, but it is very good to hear the thought from other than, dare I say, a human being.

You force me to say this gentleman: Yes, it is KNOWLEDGE to understand others who are different from yourselves.

George: Yes, and this we very much appreciate.

You must not stop me going this time. (General thanks and farewells)

~17th January 2000~

Good evening. (General greetings)

This time my dear friends, I welcome back lady who has been absent for some time (*Mary*). I also say this to you, my dear friends: Let us enfold this time the lady who is ever seeking and wishes to join us this time (*Maureen—Colin's mother*). To her we give warm welcome. I would like to say to you my dear friends, because we have with us this time lady who is ever seeking, I would like to say a few words about spiritual searching. I will take any questions you may have this time but let me say this to the lady who visits us: May I hear your voice my dear friend?

Maureen: Yes.

As my dear friends here all know, I do not come to give personal advice—that I leave to the many others who come to use many instruments of all kinds. My dear friends know and understand that I give my time to teaching, but to you dear lady, I wish to say this: You have had much Divine inspiration, have you not?

Maureen: Yes.

Yes. You have knowledge, you have much to give. But may I say with the kindest of words that what you seek you have to achieve by allowing that Divine inspiration to work for you.

Maureen: Yes, I understand.

You have as yet, not found the way to use this divine gift—to dispel, shall we say, the confines of matter, of living. Once divine inspiration comes to you, as it has to many people upon this earth, then what has to be achieved is a spiritual unfoldment, which allows your lives to help others and to allow life's experiences to show you the way to spiritual growth. Do you follow?

Maureen: I do follow you, yes.

I keep my words simple in order that each one—after all you are fully aware that each one treads a slightly different pathway. To you my dear friend I say this: There is something that you must understand. You are fully aware of the communication in meditation, but what I wish to say to each one here and which puzzles many, *how do you know the difference between the ego 'I' and the Divine 'I am'*.

Maureen: Very difficult.

Yes, this sometimes puzzles you, is this not so? (Yes.) Yes, let me say just a few words about this: **The Divine 'I am', the voice of Divinity is quiet, is humble, is gentle, is loving.** Bear this in mind when each one sits quietly. Remember too, my dear friends, that if in doubt, remember I have taught you that that inner voice, that *Divine* voice, will always come forth, time after time after time after time. The ego 'I' will let go. Can you see the difference? Sometimes the ego comes forth and it is possible for the ego to confuse, but the Divine 'I am' always comes with humility, with love and in order to help others upon their own spiritual development. These words are simple, but their meaning is deep. Do you understand? (Yes.) Do you have questions for me, because this time I will not give new teaching but offer you the opportunity to ask questions.

Maureen: A lot of people nowadays want readings on a physic level for their material life. What do you feel about this? Do you really think it is of any value to people? Are we possibly interfering with their free will, as opposed to mediumship linking those with their loved ones on the other side, which helps people realize that there is life beyond?

Yes. I have taught my dear friends, but I will repeat it for you: Each one of you upon this earth is Spirit, but each one upon this earth has physic ability to a greater or lesser degree. If those abilities are developed to such an extent that the individual can help another, there can be no wrong in that, provided it is done with love and in the name of truth. After all, each individual treads a different pathway within one lifetime. Those who you call ignorant—and that is not a word I like, but for your understanding, many who are without spiritual knowledge still need help. If it comes in the form of *psychic advice* for everyday living, this can only help, provided the one who gives the information is genuinely there to help them. (Thank you.) Of course, when we come to what you term 'mediumship', then truly we have the communication we desire. Those who offer themselves as communicators from our world to yours—after all it is to help them recognize the Spirit that they are and what better way can

we provide than to bring forward those loved ones who have departed? (Thank you.) You cannot interfere in another's life. If that person comes to you seeking advice, you have not interfered, can you see? (Yes.) But what you must be careful of is that you do not advise another to interfere in a third party's life; then there is the danger then that interference can take place. Can you see the difference?

Maureen: Yes, thank you.

You must be careful in any approach that is given to another human being. But after all, each one of you upon this planet is responsible for their own development; in which way they seek it is entirely dependent upon their freewill. So, no, provided the motive is good, there is no harm. Can I say to you on a personal note, and this I do not give often—sometimes you do not follow your own instinct and advice.

Maureen: Quite right.

Yes, but do not be afraid. You are going forward in the direction meant for you. There is much that lies before you, my dear friend. I do not tell you it will be a smooth pathway, but after all, what is gained must be worked for. I see much goodness around you, my dear friend. Do we have more questions?

George: Can I come back to the subject of the power of thought again? I feel there is more that we can probably learn about this complicated area. I think we understand the power that thought can have. There are other types of thought: the story writer in constructing a story, the actor on stage—they will have their thoughts but there will be no intention that those thoughts should be projected in any meaningful way. Could you say something about the types of thoughts and their power?

Yes, we have touched upon this many times and of course I have told you that there are different types of thought. Remember although you are Spirit, you are clothed in physical garb. You also have a brain which is within that physical garb. The power of thought which I speak of is the thought of the Spirit; that is the power of thought. There is much thinking which is negligible within your lives—of course there must be. It is when you come to the *deep* thought that comes from the Spirit within; there lies the power of your thought. That is the power of thinking that you must be careful of, because not only can it do *good*, but you have the ability to affect many others also. You should be able to differentiate between the two and you have given a good example by speaking of the writer and the actor upon the stage; these are every day thoughts. Remember too in your dream state, many of your thoughts are *flippant* but many are *Spirit-inspired*. I know these many things confuse you human beings, but as life continues and your spiritual unfoldment becomes greater, many of these things become clearer to you. If I might say simply: The more practice that you have, the better you become. Does it not apply to many things in life? The more you practise, the easier it becomes. So too with your spiritual gifts—the more they are used, developed, the more you are in communication, the easier your judgement becomes. You will never in this lifetime, or at least very few beings will achieve that spiritual growth, which brings to you the love and the spiritual light which you try to achieve but never will, because of the thoughts and the emotions which belong to the physical being. So, remember, the power of thinking must be developed within the spiritual nature of yourself. Do not be afraid that every feeling, every thought is captured forever; that is not quite true and it is misunderstood by many, many people upon your earth. Is this a little clearer to you?

George: Yes, I hope that we have all benefited from that. It has certainly clarified it for me, thank you. I say, my dear friends, that once more you become confused between what is spiritual and what is physical. I know it is difficult for you always to see yourselves as spiritual beings, but that is what you must strive towards. If ever you are in any doubt, go within. I have told you on many, many occasions, the answers to all things lies within you.

Lilian: I think we all begin to see that, don't we? (*general agreement*)

I will take one more question, please.

Maureen: It is about relationships—I have read different things. Some say that the main people/partners we come together within our life, we are meant to be with for a certain length of time whether it be forever or for a short time, and we learn from them and they do from us. What are your views about people who divorce? Does it mean that they have naturally come to the end of that time they are meant to be together or are they not seeing it through, as it were?

Yes, I understand your question. Let me say this to you, that in this lifetime which you know and understand in many ways is a lifetime to *learn*. As you know, I feel each one of you before you come to

any lifetime, agrees beforehand what life you will come to, *who* you will meet and to what degree each individual will help. As in all walks of life, people come, people go, but let me say you never meet anyone who is not there for a purpose. But in saying this, each individual has been endowed with freewill, so without having a clear-cut answer for you because there can be none in this human living, many people sever relationships because of that freewill. It is not always what they have chosen to do before they came to life upon this planet, but in saying this, each one accepts responsibility for their lifetime here. Accountability is made when each soul returns to our world. After all, before each soul comes to life upon this planet they have seen their pathway, but as in all destinations there are many routes and that is the responsibility of the human freewill. So I would say this to you my dear friend: If two people separate within a lifetime through what you call divorce, perhaps that was the soul's decision, but it also could mean that one of those two people had used their freewill to depart from the other. This is a difficult subject for you probably to understand—it depends on the soul.

Maureen: I understand what you're saying.

It is not always right or always wrong. Right and wrong is not the right words to use, because after all when each soul comes to this life, there are many decisions made beforehand and you cannot be responsible for the decision of another soul; you are only responsible for your own actions. So shall we take your divorced couple as you call them as an example. Shall we say that these two people have decided to come for whatever reason—and there could be many reasons why they decide to be joined in this lifetime, but we do not have time this time to go more deeply into that matter. One soul decides to follow the pathway straight as it should be, the other soul decides when within the physical garb, that he wishes to deviate along another pathway. The soul who stays on the course they have chosen, cannot be responsible for that change in the other soul. So there should be no anguish within that soul that their life's promise has gone astray, if I may use those words. Only when the soul returns *home* is it accountable for what has happened within this one lifetime, and remember, it is but *one* lifetime. Does this help a little in your understanding?

Maureen: Yes it does, thank you.

For this time, my dear friends, I will leave you. I will allow others who wish to speak to you. I say to you, seek only truth, seek only to help those in need, seek to shine forth to all those that you meet, but I say to you, do it with humility and love that you all possess. I leave you encompassed as always within my love. (*General thanks and farewells*)

~31st January 2000~

Good evening. (*General greetings*)

Let us this time give thanks to that Creative Force for this union. Let me say to you my dear friends, this union between us is of much importance, therefore let us remember why it is so. You my dear friends, as emissaries of Spirit, know only too well that the purpose of my coming to you is not only for new knowledge for yourselves in this lifetime, but also that all peoples that you meet may see and may know the spiritual light which each one of you sends forth. I want you to remember these words daily, because as you grow spiritually, many more opportunities will come your way in order that that spiritual light be recognised among those who lack in knowledge of spiritual matters. Therefore, I say to you my dear friends, remember who you ARE. Now, this time I wish to speak with you a little about the concepts of *time*, or rather the lack of understanding among you of what *time* is. Time, as you know in this physical world, has been manufactured by man into many degrees of your minutes, hours, days, weeks, years—but let me say this to you, that time is your mental perception of what it should be. Would you agree?

Mark: Do you mean like when it would seem that time passes very slowly and other times it seems like it passes very fast?

Yes, you are correct. After all, as an example, shall we take one hour of what you call time. Five minutes of your time can seem like one hour, sometimes. Is that not true? (*general agreement*) But you see, it is your mental perception that makes it so. Do you understand? (*general agreement*) You also know that

time as you know it, does not exist in our world. But what I wish to expand upon this time is something perhaps you have not been aware of before and it is this, my dear friends: You know and understand that within our world there are many stages of growth. You all are well aware of this (Yes.), but what you perhaps do not fully understand is that the mental perception—and after all it is the mind which is uppermost in our world—the mental perception of time in our world alters with each stage of spiritual growth. You know and understand, and we have discussed at some length, that energy is ever-moving. Therefore as you progress spiritually it is a quickening of vibration of energy, therefore the mental perception alters also. Are you understanding me? (*general agreement*) This has been little discussed in your world, except by the many masters who have taught initiates of spiritual matters, but in general most people have not considered the change of mental perception of time in our world. Let me give you some examples, please. You know when first you leave the physical garb behind, not much changes; you still retain all the desires that you have become accustomed to. Therefore, if you desire to speak with another or go to another place, then the mental thought helps you to attain it. But with each stage of spiritual development, all of this gradually quickens, quickens, quickens until you are *one* with the actual vibration of *time*. I am speaking on difficult matters this time, therefore if you do not understand, we will stop now to enable you to ask the questions.

Mark: So then with the raised vibration, would you then be more in the flow of life, because I have noticed when you are engaged in something and busy yourself with something, time seems to pass more quickly. Yes, that is the physical equation if I may put it that way. That is the closest you will get to an explanation in this life, but the spiritual vibration needs no mental perception of any time but that is the stage that is much advanced, and you could not possibly begin to understand. But what I wish you to know and would want you to try and understand, is that the perception of time also changes; it is not something that, when you come to our world—and as you know there is not time as you know it, but it does change with the quickening of the spiritual vibration. Therefore the advanced being within our world, would have no perception of time as you would imagine it—they become part of the *whole*. Can you understand or is this too difficult for you?

George: This is very interesting. I suspect there is a kind of physical parallel where the quickening vibration is concerned, because physical clocks which depend on a vibration in the crystal, the time that they register changes when they travel at great speed.

Yes, yes; you have the meaning of what I am trying to put across, but of course we are speaking physical against spiritual, which is always the problem. But yes, I agree with you my dear friend, that is a good analogy.

George: Yes, thank you, I was careful to describe it as a parallel.

Yes, yes but I wish you to know, my dear friends, that the understanding of time, because it is always a question that is asked of us who come from our world to try to understand a little more, to explain to you how time in our world works. But perhaps the simplest way to put it to you is that time as you know it does not exist. It is an energy, it is a vibration, which as you grow spiritually, changes also. That is the important point this time. I ask you, my dear friends, to reflect upon my words this time and we will return to it in order that we can construct for you a little more detail.

Sarah: When you first go over into Spirit, then, as you say, the vibrations are much slower, but during that time from the slow vibrations to the very quick vibrations when you become one, there still isn't any sort of feeling of time at all?

Time as you know it does not exist; mankind has created time. After all, in your sleep state you are not aware of time passing. (*general affirmations*) Try to imagine it on that level and you *may*, just *may* begin to understand just a little that mankind has '*arranged*', if I may use that expression, man has arranged his living to work within what you call time.

Mark: Is it because we are not very developed spiritually, or not very in touch spiritually that we don't follow our urges to do things and so we need clocks to arrange everything?

Yes, as life is within your planet at this time of its evolution, time as you know it has become an essential part of your everyday living. This we know and understand, but as you also know, in your meditation states, are you aware of time? Perhaps then you begin to realise that the blending with Spirit eradicates the need of physical time.

George: It is probably true to say that as we move into Spirit, we leave the physical world behind and that includes the physical universe, which is the basis of our time measurement.

Yes, of course, it is the time when the Spirit comes to the fore and the realisation that the *Mind* is in charge of the physical. But we accept that because of man's use of physical time, it has created within his thinking many complexities that the understanding is great, but not always understood. Now my dear friends I think for this time I have spoken enough to you to enable you to reflect upon my words. As I say, this is something we will return to on many occasions in order that we can go more deeply, more thoroughly until your understanding is such that you feel you know a little more. Do we have any questions before I leave you? (There was just one question of a personal nature asked on behalf of one of the ladies from Leslie's other circle.)

Now I ask you my dear friends to allow those who wish to come close to you, and I would say before I leave that as you continue upon your spiritual pathways, that your knowledge of those who come close to you will become much more heightened, that if you would allow yourselves to be more open, there are many who wish to help. The door, my dear friends, is being opened to you. Please do not close it.

I leave you with my love which not only encompasses you all within this room, but encompasses this planet with much love, with much healing and with much devotion in order that the Great Creative Force can continue on its way.

(General thanks and farewells)

~14th February 2000~

The recorder was malfunctioning at the start, making the voice sound slow and deep and several sections were inaudible:

Good evening. (General greetings)

Do you feel the love and peace which is with you this time? (Yes.) I have joined you this time on a wave of love, because of the many thoughts that each one of you has sent forth in order to help others. I would like to say to you my dear friends just a little about prayer. As each one of you has given of your time this evening, I would like us to speak a little more about the power and the answering of your prayers. Indeed it is a noble thing that prayers are sent for another human being, but why are they not always answered? This we hear in our world so many times. Firstly let me say this to you: Prayer should never be intermittent, prayer should be complete trust and the giving and the empowerment back to that Divine Force, which each one of you calls God. If only my dear friends, in your prayers for others, you would not use such negative words. For example the words '*if you can*'. This we hear so often from you: '*Can you help, can you help if you can*'. Can any one of you explain to me why these words should be used, because in using them my dear friends, you attract negativity, because by using the word '*if*', it implies that it is not possible and when you are offering yourselves and help for others to that Divine Creation, you should be *absolutely certain* that all things are possible. Do you understand how restricting words can be? (Yes.) It is better that use from your heart the feelings of love towards another, that you place that love back to the Divine energy so that all can be made whole. Am I making sense to you my dear friends? (general agreement) If you have questions, please let us have them now.

Sarah: So they may not be answered as we would have wished ourselves?

First, you are well aware I know that prayer as you know it, is not always answered in the way you desire, but let me say: All prayers are heard.

Lilian: So the person would receive help anyway, though not in the way that we would have thought of asking?

You are not capable of seeing the full picture, as I have told you previously. Therefore you cannot know what is best for that soul—but your prayers are heard; of this you must be absolutely sure. After all, when you ask for (?) or for help for another human being, how are you to know if this is the desired way of the soul? (Yes.) But in the saying and the doing of the prayer, you my dear friends, are helping yourselves also. So I come to what I wish to say to you and it is this: Your prayers should be offered ALL of your time, not only for help for others, but in your devotion, your *faith* if you like to call it that, in the

utmost knowledge that the Divine Creation is all and (*knows all?*), that there can be no 'ifs' and 'if only's' within those prayers. Prayer, after all, is individual to each soul and the contact made with the Divine energy is almost, shall we say on a personal level in order that the (*unity, wholeness upon the other?*) That is true prayer, the interaction daily with the Great Divine Source of all life—that is prayer, not the intermittent callings that you make on behalf of others. True prayer comes from the Spirit and the soul. Do you understand what I say to you? (Yes.)

George: —(?) Prayer can to unspoken with a feeling of wellbeing towards others?

Yes, you are correct. The unspoken word sometimes is much better, because it means that there is a melding of the love bond of the knowing, the absolute certainty that this love, this feeling, will blend with that Divinity to which... (?) It is something to be worked for (*The tape clicked off and a few minutes of teaching was lost. However the speech is quite audible from this point forward.*)

of so many of its troubles as each one of you has the ability to be healthy and strong by going within. Imagine what your world could be like when you give back that power to the Divine Creation. Do you begin to understand? (Yes.) It is something not easily understood, because mankind has been taught over many times with many of your religions, that to utter some few words will bring about for you much goodness, but in fact it is much more complex than that. That is why so many in your world feel that your prayers go unanswered when in fact they do not. I will return to you on another occasion and explain a little about how these thoughts are reached by many in our world and how they are utilized for good in so many different ways. I think you will find it most interesting; we will return to it.

Lilian: So when people first pass into Spirit, do they still pray, ask for help for certain people, perhaps in the dark regions of Spirit. Prayer is still used?

Many, many people who come to our world as you know retain all the properties of physical living. If they have been dedicated to prayer as you know it in this world, then of course it will continue, but gradually they will see and understand for themselves the true meaning and understanding of what prayer is about. I feel this time I will leave you, I will say to you that others will speak and that before you leave this room this time, each one of you will feel a special peace that will overshadow you all and this has come about by the words, by the feelings that have been given out by you all this time. As always I leave you with my love. (*General thanks and farewells*)

There then followed one through Sue who said that Salumet's words this evening had been simplified to make them understandable to our human minds. She said that we learn every moment of our lives and that we absorb knowledge even if we are unaware of it happening. It is stored in 'mind' to possibly be of use later. She also explained that the mind is big and is able to take far more knowledge than we give ourselves credit for. Her final advice was: So absorb all that knowledge, be grateful for it and enjoy it! It is good to enjoy knowledge, it opens up vast vistas in your mind, in your subconscious and in your daily lives. And when your time comes and you come across to our realms, your knowledge will begin all over again. The learning curve will start at the beginning and provided you are willing to learn, so much will be yours for the asking. You have started well all you here. We would not have brought such a fountain of knowledge into this room and into your previous place, if we did not feel that you would put it to use and enjoy what you have learned. We are very proud of you all and we are looking forward to speaking to you on vast subjects—possibly only the tip of each subject, but it will be a starting point, for when your minds can absorb more. But as I'm sure you have been told before, take nothing at face value, question, always question. By asking questions, your knowledge can expand, and from expanse of knowledge, you will start walking into the Great Light, which is Love and enlightenment.

I leave you with great love. You are all surrounded in your daily lives, by the love and protection of the Spirit. Reach out to it in times of trouble. Ask and help will be there. I wish you farewell, until we speak again. (General thanks and farewells)

~21st February 2000~

Good evening. (*General greetings*)

This time I have come to you more slowly my dear friends, because each one of you is in need of peace and rest. Therefore I have allowed you just a few moments of quietness. This time my dear friends I would like to speak with you about not your planet, but also of others which are close to you in your own galaxy. There is at this time and for many of your months to come, much activity, activity between many planets, and the results of these physical happenings will not become known to you on this planet earth until *two* more of your earthly years have passed. What I wish you to know is that as individuals, you know you have a pattern of evolution, as does your planet. Also I have told you I believe that this planet is intertwined with many others, that this galaxy to which you belong is but a *small* part of a much bigger scheme of life. We cannot enter into too much detail, because it would not be understandable to you, but what I wish to say is that the galaxy to which this earth planet belongs is now in a state of its own spiritual growth. To that end there will be many changes. You will find that the men of this earthly planet will come to recognize that within your space-time much is happening. Not only are you in times of much development, but you are in a time of great evolution not known to you before, but which will take effect and will make itself known to you human beings upon this planet quite soon. You of course, depend upon the knowledge given to you by those you call scientists and, I believe, astrologers are the words you use. You depend much upon their knowledge. I can tell you my dear friends that those in my world are already working with them in order that this knowledge can be brought to them. The time has come for expansion and growth to be recognized not only on this planet, but those who are closest to you. And yes, there is much knowledge that can and will be gained. Therefore I say to you my dear friends this time that as you listen to my words, I would like you to take them with you this time and to think upon them and allow yourselves, my dear friends, to become part of the ***cosmic consciousness*** rather than of the earthly one. You can achieve this and the time is now ripe for this to take place. Of course, there are many already on this planet who have this ability, but now I tell you it is available to *all*. If the spiritual desire is there, it can be achieved. I feel your wonderment my dear friends.

Lilian: Yes I was going to say, are there any words that can help us to reach this state? I and others will work with you in your quiet states, but you must give this to us if you wish to desire this for yourselves. And again, we cannot interfere with your will, but I am giving you the opportunity for the knowledge. Do we have any questions this time?

Lilian: Would this knowledge be being given to people on the other planets?

They of course will be aware as those upon this planet are also being made aware. Yes, it is spiritual knowledge of course although there are much physical happenings, of course there must be because physical and spiritual happening is always intertwined.

George: I think I understand from that that there will be an involvement of greater spiritual awareness to many on the planet at this time.

Yes, the opportunity is here. It is now up to the peoples of the planet to take the opportunity for knowledge and growth.

George: I imagine that this may well lead to a revision of a number of our old ideas, old ideas of government, farming, various avenues of life. Would I be right in thinking that this will be a time of great revision.

I would say to you that these things are already taking place. It is not new, but because of the time of the evolution, especially of this planet, those things will become quickened and man will become much more aware of what he needs to achieve. Those in your world who are so far not knowing of spiritual matters will find themselves opening to much, much that they have denied—and I speak spiritually, of course. Once the Spirit is awakened, then of course mankind will follow with the physical happenings which will result in the evolvement for betterment for the good of your world. I do ask you my dear friends, to think on these things and to *feel* for yourselves. The moment in time is great. We from our world have tried for so long to ensure that Truth be out and it is beginning to happen. It cannot now be denied; it has to be. And let me say as one who comes to try to help and to teach and to help you with your knowledge, it gladdens my heart to see the results of our endeavours. I will leave you this time. I feel that these few words will enable you to think deeply once more. After all, is that not my purpose,

but to *help you* to open to new visions of Truth. As always I will leave you with my love and support in all that you try to achieve. (*General thanks and farewells*)

~29th February 2000~

Good evening. (*General greetings*)

This time before I speak with you, I ask that each one feels the unity between you and those who stand close by you this time. I want you to begin to understand how important it is at each of our meetings that the strength of unity amongst you is of great importance to us all. I ask that we sit quietly in order that each one *feels* the quickening of spiritual vibration; and afterwards, perhaps this time, we will have questions. Are you happy to do this? (*general agreement*) If it helps you, I ask once more that you sit closely together in thought and feel that merging of energy amongst you. (*Pause*) Does anyone feel the unity between you?

Lilian: Yes, I think we all do, is that right? (*some affirmations*)

In blending in this way the vibration of energy is quickened. This is what enables us to use you in the way that is necessary. It would be good for each one of you, if at the beginning of each meeting, you raised your awareness of this bond *before* we begin any work.

Lilian: Yes, we will do that.

I will leave it to you, my dear friend, that this may be done each time we meet for just a few of your minutes. Now, because we are few in number this times, we will have some questions if you desire.

George: You talked to us recently about the quickening vibration in Spirit and the way the vibration quickens until it is *at one* with Source. It seems to me that there is a very striking parallel in the physical world. Our scientists can accelerate particles of matter and if a particle such as an electron, is accelerated to approach the speed of light, it is said to approach infinite mass. I prefer to think of it as becoming *one* with its environment which would seem to be a route to infinite mass, and again the tiny particle, we are told, can be regarded as a vibration. It seems that there is a very striking parallel between, shall I say, the edge of the physical world and the quickening vibration of Spirit.

I am not surprised by this equation you have made. You of intellectual thinking would see this connection. Of course when you speaking of particles and mass and electrons and such, you are speaking of slightly slower vibration as compared to that in our world. I know you understand this, but the parallel is almost a perfect one—not quite, but I can see the way of your thinking.

George: It is almost, I would say ‘almost’, as if this edge of the physical world is reaching out as a bridge to the spiritual world. It is probably quite wrong of me to think that, but I am tempted to see it as that.

It is not a bridge. After all the physical and the spiritual world is intertwined. Can you not see that there has to be the passing from one to the other? Therefore you might say that the *higher* vibration of your physical world is the lower vibration of the spiritual world. You must not try to separate the two. After all, all things within your planet, within the cosmos, belongs to Spirit first and foremost. All vibration is spiritual in the sense that it is intertwined with all things material and physical. Can you understand this?

George: Yes, that's an interesting thought, yes.

So, in your intelligent way of thinking, try to see these things as belonging to each other, rather than trying to separate them, then you will have a greater understanding.

George: Less of a bridge and more of a merging.

Merging, not a bridge, that is the best way to put it to you. I feel these words will give you much to think of this time. I know you will come back to me and we can continue along these lines. Thank you for your question.

Lilian: More questions?

Margaret: I just want to tell Salumet that I did what he said and spoke to my children about the way I want my body left and, since then, I have talked to several people who are going to do the same. I feel I have started a trend.

Yes, well let me say this, dear friend, that you must be true to your own *feelings*, your own *true self* and, after all, what is the physical garb, but something that is disposed of by all of you, and for those of you

with the awareness in this room, this should not become a problem. Therefore, if you wish to tell others, then that is entirely your freewill. (Thank you.)

Sarah: I would like to go back to the quickening of Spirit. When I was talking to my husband and telling him that there was no time as we know it in Spirit world and then went on to tell him about the quickening of Spirit, he said that that was time in itself. I didn't know how to explain this to him.

You will not be able to at this time, because his awareness is not—although his understanding is great, he does not have the spiritual capacity to take on board these things at this time. Therefore I would say to you, leave him with the simple explanation for now and a little later we can, with help, explain a little more to him. He will not understand in the proper manner, what we would wish to tell him, because of his lack of spiritual knowledge at this time. It is not so much the *intellect*, because of course he has much of that as you well know, but sometimes the physical intellect *interferes* with *spiritual knowledge*. He may not understand this, so I would say it is best that the explanation for now be left. (Thank you—) I have to say to you this, that the concept of time in our world is little understood by many, many—even those with knowledge, because how can they understand something which they have not experienced. This is the problem in trying to explain these things to you.

George: You yourself obviously have an awareness of our physical time and wonderfully you come to us on Monday evenings, but does your awareness of our time present any difficulty at all?

No, no, the difficulty lies with you in understanding our understanding. Does that answer your question?

George: It's something to think about! (*Chuckles*)

Good, that is what I am trying to achieve. If I send you from this room with thoughts of spiritual activity, thoughts of what you are truly about, then indeed I am beginning to achieve my mission here with you. But as always I say, it is good that we have these question times, because although I know each one of you seeks new knowledge—and of course you now understand that means not new *truth* but new *knowledge* to your understanding—it is best that we confirm for you much that we have spoken about. Therefore in doing this you will find that sometimes my answers are very, very simple.

Lilian: Would it be more of a thought process, the coming together of the physical and the spiritual? We know that we are going to meet here, so is it the thoughts that bring us together?

We, in my world—this again is connected with your time and your understanding of time—we do see time as you see it, because that is not so. But what we are aware of is the light which exudes from all of you and we know by the *joining together* which we do, that when the time is right we will be here. It is not *time* as you understand it. This is a difficult topic for you to understand. (*Affirmations*)

Sarah: Salumet, would you be able to be in two places at once?

Of course I could, yes.

Sarah: And may I ask, do you come to any other groups on the earth?

Some aspects of me do, yes. You know of course that first when I came to you, I told you that I was a conglomerate of beings. Again we enter into deep matters. One aspect of my soul aspect is here with you—the aspect that is able to lower the vibration to *be* with you, to join with you. There are parts of my soul aspect, which would not be able to join with you in this manner. I do not want to complicate it for you, because it is complicated, but you are meeting with me and I am but one small aspect of the whole of the soul. Do you understand? (*Affirmations*)

Lilian: Paul, did you have a question?

Paul: There is still nothing on my mind at the moment.

Let me say this to our dear friend, that much of his thinking in his quiet moments are answered for him. You know and you feel this, do you not?

Paul: Yes I do! That's one of the problems, I think of these questions and then sometimes they answer themselves.

That is because we are around you when it is needed. It is better for you, if I might say so, that you continue in that way, because much comes to you in your quiet time. But do not doubt it—be influenced by it, be guided by it and know that you are surrounded by it.

Paul: Thank you, that's very useful, yes.

Lilian: Can you take any more questions? (**Yes.**) Could you—perhaps not this evening, but if you could tell us who collects our thoughts and our prayers. How does that work?

What I will do—I knew that prayer would again be raised as a topic of discussion and what I would like to do, is to bring to you someone who works along these vibrational lines of prayer, who would impart to you their own knowledge and give you a little more insight into what your prayers are doing and what is being achieved and *not* achieved by them. Would this be of interest? (general affirmations) Let me say now to you that in two more weeks of your earthly time, when we meet again I will bring to you the person who will speak to you about prayer.

Lilian: On a much stranger note to me, I have been sitting in meetings such as this for a long time, I get this what I call '*head nodding*' when my head nods, (*Yes...*) and I do wonder why. Is it just to let me know that Spirit is there?

It is control. It is spiritual control and it is making, through the physical being, Spirit known to you; that is all. You know that it happens quite outside of your control, but it is only that the awareness of Spirit is within you; it is as simple as this.

Sarah: Is that the same as with my hands that move about a lot?

Yes, it is all to do with what you call spiritual power—what we call *blending*. And when a physical and a Spirit blend well, then it is that the physical has the awareness of Spirit within; that is all. And of course at times such as these when the blending of each one of you is greater, then we have more control.

Perhaps I should not use that word '*control*', that makes it sound like you have no control over your physical being—of course you have. Shall we say it is the *awareness*, it is the *blending* of the physical with our world; that is all. It is nothing to be afraid of, although I can tell you that some people are; they are afraid of the feelings which it brings. You will find many within your institutions of illness who suffer or think they suffer from what you call madness and voices, when in fact it is that they are channels for us, but because of the human mind frailty of the physical being, they cannot accept.

Paul: It is such a waste.

Yes, you must not criticize, you must not judge, because they know no better. They are not guided in the proper way.

Sarah: And what about the people who say they have heard voices that tell them to kill somebody? Is that a bad Spirit coming through, or what is that?

You must not always assume that physical conditions come from Spirit; this has to be corrected within your world. There is mental illness within a physical being. There are many explanations which I will not enter into this time, but of course when you are within this physical garb, much that happens within your physical living can create disturbance within the thinking. So do not always assume that these things are *spiritually* motivated. Each one of you remember has control of your lives—you are given freewill to use in many different ways and you must, each one of you, be responsible; and you know this, we have discussed it many times. Each of you are responsible for the lives that you live. Therefore, if mental illness exists, it comes either with that being into this lifetime or it has been created by the thinking. Do you understand? (Affirmations) Be careful in giving Spirit, in giving our world judgement for everything that happens on your planet. Although each one is Spirit, it does not mean that every action is Spirit-motivated. Try to think upon this a little this time also.

Lilain: So it's freewill really?

George: I suspect that where voices, music and other things one might hear—I suspect when this is happening one often has control—one can listen or not listen, and one can even enhance the effect. I recall when I used to ride a motor cycle and the wind rushed past, I fancied I could hear music and I could concentrate or not concentrate on it.

Yes, let me say this to you my dear friend: Within your world there is goodness, there is love, there is light, there is music in the wind, there is Spirit all around you—in your water, in your blue skies, in all that is about and around you. And, yes, the gift of freewill to you human beings, is your responsibility. Shall we, for example, take the wind that you speak of. Inner freewill could either *feel* the beauty and the music of the wind, or shall we say the human thinking could turn that feeling of wind into speed and danger and perhaps even death. Can you see how much control your thinking has? (Affirmations) Beauty surrounds you all, but you must always become aware of it. Again we come to positive and negative thoughts and the power as I have told you on many, many occasions, is the most powerful thing you possess—your thinking, your *thought*. So, please, always try to see this in your everyday living.

I think for this time you have much that you can think about and go over once more. I hope I have helped to enlighten you on some points of interest. (affirmations and thanks) And as I leave you, I wish you much love and much Divine Light in your lives and as I ask you to think upon my words, I say to you all my dear friends that each one of you feel peace in your lives. Until we come together once more may I say that the Divine blessing always be with you. (General thanks)

~13th March 2000~

Salumet told us two weeks ago that tonight he would be arranging for a guest to speak with us from Spirit world about prayer. The speaker described himself as an 'Integrator of Thought' and gave further wonderful insights into the nature of Thought and Prayer:

Good evening. (General greetings)

I have been instructed this time to join you good people. You have been told that I would be joining you at some point in your meetings. (Yes.) For the purpose of this visit you may call me Edwin. Yes, I come to you this time to speak about what you call Thought and Prayer. I know much has been given to you, therefore I do not wish to go over old ground, but I hope this time that we will be able to enlighten ALL of you on the subject of Thought and Prayer. I believe the one who comes to you last time explained how powerful your thoughts are and how your prayer and each prayer is not lost within our world.

Lilian: Yes, that's right.

But you were also told that there are many extraneous thoughts which, although do not disappear, are always gathered and integrated within the vibrational field. I hope this was made clear to you.

(Affirmations) If not, I hope to enlighten you about this also. I am what you perhaps would call an integrator of thought. After all, Thought and Prayer are but the same thing. The power of the thought dictates whether it becomes prayer or just mere thoughts. Would you agree?

(Affirmations) Yes, I need in part to know how you feel about your whole thinking. So if perhaps we went to each one individually, perhaps we could gain some knowledge of what you feel and what you think. In this way I can enlighten you all on your own thinking. Do you agree? (general agreement)

Lilian: So basically you would like to know from each one?

Yes, what they feel Prayer is and how they feel it is dealt with in our world. I will then inform you whether you are right or whether you have some misconceptions about it.

Lilian you like to start Sarah?

Sarah: Yes, I think prayer is going from Spirit to Spirit, so leaving out the physical. Obviously you are thinking about it, but it's really trying to get the Spirit in this world connecting with the Spirit in your world and trying to blend together really—trying to pass on our thoughts from Spirit to Spirit.

Yes, of course, it is that, of course it is. After all, you are Spirit, are you not? (Affirmations) We all agree on that, there is no dispute. Yes, the power of the prayer belongs to the power of the feeling, the emotion of the Spirit; that is true prayer. True prayer is the blending of the Great Spirit, as you like to call it upon this planet. That is what each individual is trying to achieve, whether they are aware of it or not, that is what is happening. As an Integrator of Prayer, I have to tell you—and I do not want this to seem that we interfere with the power of your thinking towards the Great Creator—we do not. We are only empowered to help those vibrational fields to reach their target if you like; that is the simplest way I can put it to you. I believe you have been told in past times that thoughts which are not only powerful for 'good' but can be powerful for 'not-so-good', we sometimes have to protect those where those thoughts are intended for. We are not interfering as such, but we are empowered to BLEND the vibrational fields; that is as simply as I can put it to you. So the directional field of thinking of your thoughts are helped along by those in my world such as myself, who are empowered to deal with it.

Sarah: Could you just tell me, if somebody is passing on a bad thought to somebody in your world and you are deflecting it or putting it off course, what actually happens to these thoughts, because they don't go away, do they?

No, all thought is collected in the aether but they can be diffused. If you ask your gentleman friend who sits next to you, he could give you an earthly explanation. In fact I can tell you that many of your so

called 'scientists' who have come to our world, now join in this work, because they are interested in the actual workings of thought and vibration and all the vibrational fields which exist and which they did not know of whilst upon this earth. It is diffused, it is not dispersed.

Lilian: So prayer, if it is repetitive or a one-off, it makes no difference, it reaches you?

It depends on the power of the thought and what it is. What the lady is speaking about are thoughts—not 'good' thoughts shall we say, directed towards someone in our world. They need to be protected and that is our task.

Lilian: How about if we project a thought to someone in our own world?

You must always remember when you use the power of your thinking, whether thought or prayer, that what you send out is very often sent back. I do believe you have been told—and yes, I am being told you have been told, you must be careful in your thinking. (general agreement)

George: I think of prayer as projected thought and I think it springs from a desire to help people in need, and this can be on an individual basis or on a collective basis. For example, where world disasters are concerned—I think we automatically have compassion and feelings for people who seem to be caught up in earthly disasters. I think this is probably what I class as prayer. There is also another type of thought, which I think is more of a collective thing, which perhaps underpins our evolution on this planet; that may be something related. It is not prayer, but it would be a thought process.

Yes, I am understanding what you are saying. Can I say to you kindly that sometimes you people, when you send thoughts and prayers, as you call them, for the good of others—this is fine, but can I say underlying many of these thoughts and prayers is FEAR. Do you agree? —Fear for your own selves. Therefore I would suggest most graciously to you that that indeed is not true prayer. True prayer is thought sent, as I have said to the lady a little time ago, prayer is for blending, a blending of the Spirit to that Great Creative Force from which you all came. Prayer is the blending and the thanking for the life that you have—that I would suggest to you is true prayer. Do you understand? (Yes.) So I would suggest to each one of you that you make a practise of what we call True Prayer each day that you exist upon this planet, because in creating True Prayer, you not only give of yourselves, but you blend together with those of us in our world and that is indeed Prayer which can create much good, not only in this planet but in many others. Do you understand? (Affirmations) I cannot become too technical with you, because I think it would be much too complicated. But true prayer, my dear and good friends, is the blending—blending without need, without want, without giving to another; it is indeed a spiritual blending of the highest degree.

Mary: My thought about prayer is just that it's a communion of thought.

Yes, yes it is a simple answer and yes I think I have said enough to expand to you what that feeling is.

Paul: Yes I think some of my thoughts have been echoed about prayer. Sometimes I have a feeling when I am praying that I am sending out thoughts, it's like communion with spirits...

Can I stop you there? May I ask all of you a question? Why do you pray?

Margaret: I think it is because we have all been taught to pray from childhood. I don't think I understood it then, but I think I do now I think. You pray for the good of the people you live with.

But that is an earthly instruction. But why deep within your thinking, why do each one of you pray?

Because I can tell you that each person who exists upon this planet prays.

Mary: Because we need to be in touch with the spiritual and in prayer we are.

Lilian: Is it the Spirit side of us wanting to connect?

Yes it is the innate knowledge, which drives you to prayer.

George: And can I say, we like to feel that we are helping to make the world a better place?

If that prayer, that thought is genuine—with as I have said, fear—without cause for one's own good, then indeed that prayer will be used constructively. So much of your thought and prayer time, if I may say so, is diffused within our world, because the depth of Spirit, of emotional feeling is not great enough.

As in all things, it DEPENDS on WHY you send out these thoughts. Can you understand? (Affirmations)

Sarah: Is another reason we pray, because we are not actually complete, there is only part of us here, and apart from the innate feeling, we are lacking something, lacking the rest of the whole?

It is a spiritual need, but it is something you need to be working upon. But too often you feel that you MUST pray; that is not the way to do things properly. If you are driven by NEED, then it is not a natural

prayer. Do you understand? It must come from within, it needs no words, it needs no objective. It is as I have told you, a blending with the Great Source of Life. It is a natural feeling, which, if done properly, can produce much good.

Paul: Does it always have to be voiced?

No, no. You can voice it—again it is dependent upon what you are trying to achieve.

George: I think an example of unvoiced prayer might be a peace meditation, a feeling for desire for peace in the world, which one could say might arise from fear of war. (*Yes.*) But sometimes that fear might be more akin to a compassion for the world.

Yes, now you have touched upon the word—‘compassion’, not ‘fear’ for the world, not fear for yourselves—compassion. May I give you an example, please of unsaid prayer. If you were to come upon a person who is unknown to you, but immediately your heart goes out to that person. Unspoken love is sent for that person; that is prayer. Do you understand? (Affirmations) Because it comes instantly, it is natural and there is that great spiritual blending. That is GOOD prayer, if I may use that word. Can you see the difference? (Affirmations)

Lilian: I was thinking of the repetitive prayers and thoughts that are spoken in our churches and all religions.

As I said, all thought or prayer is not diffused, but there is much extraneous thought which is unnecessary. That is why you have Integrators of Prayer such as myself, who work constantly. As you can imagine, so many thoughts bombard us and without giving the impression that we are controlling thoughts—we do not—we are empowered as I have said to deal with the vibration of thought. This is deep matter as I have said and I will not enter into it this time.

Sarah: You have explained to us what true prayer is, so what we would class as prayer in asking for help as George has said for others, what would you class that as—not really prayer but just asking for help?

You can offer yourselves first and foremost, THEN you can give help. Do you understand the difference, because there is a difference? (affirmation)

Margaret: In your thoughts you're asking for help for other people.

You need not ask in words, it should come, it should come from here. (hand on chest?) There should be no need for repetitive words, because of course, or I hope you do know, I hope you've been told and you do understand that ALL that you think is known anyway. Therefore this repetitious feeling that you have to continue to say words over and over again; each time they are said without true feeling they become less and less. Can you see this? (general agreement) One true blending of prayer can create much, much good in your world, because that true blending with the Great Creative Force, who knows all things, understands all things—of course it is understood and known what you desire.

Lilian: Yes, that makes sense. Any questions Sue?

This lady will not speak, but she will understand when told.

George: Might I enquire how you regard the collective prayer from people in a church who are all speaking, thinking together?

Yes, it is difficult to give you one answer to this, because with so many people being individual spirits, they are praying in different way. You will have those who repeat words, because it is words they are used to saying. Those thoughts will have great impact, but there will be others within that congregation whose prayers and thoughts reach the targets that they are intended for.

George: It very much comes down to the individual.

Yes, I would suggest so, yes. It is wrong, and I have heard it said that churches today—it matters not what denomination—that churches have no use with these masses of people uttering so many repetitive words. Do not dismiss it so lightly. Much good does come from such people, those who are genuine whether they know of their spiritual self or not, because after all, it is the Spirit within which is at work.

Do you understand this?

George: Yes, I have always felt that the church is an overt spiritual happening and it can set an individual on a particular course.

Yes you cannot dismiss out of hand all churches; many of your great I believe you call them cathedrals and places such like—mosques, all of these places, it matters not—it is what is in the hearts of those people. It is the blending of Spirit which counts.

Lilian: Yes, it makes sense when you tell us that.

So, again I would say to you—and I know this has been told to you many times: Do not judge others. Do not suppose that your prayers are any better than another human beings, because in judging thus you are erroneous in that thinking.

Sarah: If true prayer is working properly, does it still have to come through you, is there any sort of way—*Not always, no. True prayer will blend with the Great Creative Force without interference from us.*

Sarah: So you're really only dealing with that which is not quite right?

Well I would not use those words, but yes, I understand your meaning, of course, yes. (Thank you.) I hope I have enlightened you a little. (general agreement) There is a little silence, but it is a difficult subject to understand. We are talking about vibrational fields that you are not aware of as such, but it is, I feel, important for you to know that there those such as myself in our world who are there to help and to encourage when possible those of you on this planet. As I say this is something too which puzzles many, many people, because of course thoughts, prayers are constantly bombarding all of our world and, as in all things, there has to be ORDER. It is not interference, but it is ORDER. (Affirmations)

Lilian: What about animals in our world? They must have thoughts.

Not in the same way. They have a blending with Spirit, but not to the same degree. It is different. I must take my leave. I am beginning to irritate this lady's throat. So I will say to you thank you my good friends for taking the time to listen to me, I have enjoyed it greatly. I hope each one of you has learned some small thing and I hope that my task this time has been successful. I bid you good night. (General thanks and farewells)

~20th March 2000~

Good evening. (General greetings)

This time I would like to extend the welcome back to our dear lady who has been absent from us for some time. I have been with her many, many times and I wish to say this to you, my dear lady: Your heart will become lighter. Keep close your own counsel and give of yourself to those who stand nearby. I hope, my dear friends, that the visit last time by one from our world was of use to you all. (Affirmations) I would like to speak to you a little this time about what was said to you about rescue work whenever the time is appropriate. Within our world at this present time we have seen many come to us who are distressed and in much need of help. There is as you all know a lack of communicators with our world who are prepared to give of themselves for such work, even amongst the spiritually instructed, there is a fear of this type of work. Therefore, for some time to come, when the opportunity is there, we will use you. But what I have to say to you this time my dear friends is this: I was close to you last time and in fact was most interested in your discussion after your meeting. Many of us were listening to you and what I would wish to say to you this time is how much you have grown. It was most interesting for me especially to recognize how much each one of you, so different in your own individual ways, how you can discuss and collate information in a constructive manner, in a spiritual manner, because each opinion comes from Spirit, the thinking of Spirit, from deep within you, which allows each one of you to offer opinions and to be glad of it that each one can offer an entirely different opinion without feeling that each opinion has been outcast. This indicates to us my dear friends how much spiritual strength there is within this small group of people. For this, my dear friends, I thank you whole-heartedly, because, do you realize, not only are you emissaries of Spirit in the physical form, but your thoughts, your hopes, your desires are known to those in our world who also are seeking knowledge and help. I think you probably are little aware of my last statement. When the light of Spirit shines forth as it does from you now, there is much joy in my world for those who have been close to you who see the transformation from ignorance to knowledge and how brightly that light shines in our world for all to see. This, my dear friends, is something I wish I could show to you, but of course you know that is not possible until you come to my side of life.

Lilian: That is encouraging.

You should be encouraged; I feel most hopeful for each one of you. You have gained so much and all by your own endeavours. We can come to you, we can join you, instruct you, teach you, but we cannot give forth that spiritual light unless you are ready to receive and you are ready to give forth from yourselves. And in that one simple conversation last time, when you spoke of forgiveness in your world and your different opinions upon it, we could see from each one of you that deep, spiritual light emitting. I say to my dear friends, have happiness within your hearts for what you have achieved. I know you do not want credit, after all that is not what we are about. I have taught you much about thinking and humility and blending of Spirit, but sometimes because of the human element of which you belong, it is appropriate that you—how do you say, ‘pat yourselves upon your backs.’

I felt this time that these words were necessary for you. Now I say to you my dear friends that what I would like to do this time is to bring to you one from our side of life who will give you some more information about conditions and the way of life in our world. The lady who is near (*Sue*) is the one who will be used. Please allow a little time for the communication. I leave you always my dear friends and especially the dear lady—I give her upliftment and much love, because she is in need of both—but know that I am with you always and I do hear what you say to me. And remember that your thoughts are always heard. I will take my leave of you this time and know as always you are surrounded by my love.
(General thanks and farewells)

The one through Sue was unable to communicate with us this time. There were many apologies for this.

~27th March 2000~

Good evening. (General greetings)

Before we begin this time, I want you to know that I have been aware of many thoughts coming to me. I say to you, my dear friends, they do not go unheeded. I feel much love and warmth from each one of you this time. I would like to say to you, my dear friends, just a little about yourselves. In your dwelling place upon this planet at this time you can see for yourselves new growth, new hope, much expansion of all that you call *nature*. To this I would make a comparison to yourselves. Yours—you see my dear friends that each one of you is also in the Springtime of your spiritual unfoldment. From this time forth, each one of you will find new growth, new understanding, new ways of expression in all matters spiritual. But of course as each one of you is individual in lifestyle, then each one of you will, within that spiritual unfoldment, develop at different rates. This is entirely down to each one of you individually. I can tell you, my dear friends, that from this time forth many opportunities will come to you and it will depend upon yourselves in which way these opportunities are grasped and moulded for the betterment and good, not only for yourselves but for all others. I have told you on more than one occasion that you are not aware of your own soul’s growth, but I can say to you my dear friends that many opportunities are coming to you and the opportunity is there for you to show the way to many others less knowledgeable than yourselves. Be aware of these words, they have much significance for you. Allow yourselves to open to all things new or happenings in your world and especially to your own thinking. Again, I am stressing to you the power, which each one of you possess, and that is your thinking. Use it for good, do not let it go, *grow with knowledge*, open your hearts and your minds to each other and collectively my dear friends you can become not only a source of *power* for good, but you can leave behind the confines and restrictions of these earthly chains which bind you, and allow the Spirit to *re-grow, rekindle* and to *blossom fully* as do all of your ‘*nature*’ as you call it upon the earth.

Lilian: Thank you for these words, we shall wish to remember them as time goes by.

I can only help you. I can help and uplift you, but I cannot change you. The work belongs to each one of you. Next time I will bring you new information, which will help each one of you to think deeply about your place in this world. Therefore, before I leave you this time, are there any questions to be asked? (no questions) My words this time have been few, but I hope it has given you some indication of new thinking that is needed from each one of you.

Lilian: Yes, and perhaps with your help, we shall not let these opportunities slip by with other people.

You do need to be vigilant about your own inner feeling, if you are to *achieve* anything of great importance in your lives. After all, what can be of importance but that the Spirit shines forth much more than it does at the present time? (Yes.) It is now time for each one of you to be fully responsible for that spiritual unfoldment which you are capable of. Not only within the confines of this room should you be aware of what you *are*, but each *breathing* moment the awareness should be there. Before you leave this room this time, each one of you should have felt a guidance of one close by. I say to you my dear friends that I leave you now as ever with my love and upliftment; I say to you, feel that spiritual bond which entwines you all. (*General thanks and farewells*)

~17th April 2000~

Good evening. (*General greetings*)

This time before I speak with you: *Let us give of ourselves to the great knowledge and wisdom which is at hand for our use. Let us join together this time and give thanks for all that we are and what we are endeavouring to achieve.*

I feel my dear friends amongst you there is some tiredness and some little weariness of which I will speak, but this time I wish to speak with you and to clarify some issues with you in order that once more you can go forward with your own evolvement of spiritual matters. The first thing I would like to say to you my dear friends is this: There is much talk in your world about the new era which is coming to this earthly plane. Much has been spoken about the date in your calendars which somehow mankind feels to be some kind of '*new*' age. Let me say this to you, each new day upon the planet is *new evolution of your time*. Therefore I say to you my dear friends, take each *moment*, each *minute*, each *day* as a new beginning. After all, this planet upon which you exist has existed for longer than you can know. Therefore, the evolution of this planet has been unfolding from the minute of its creation. Do you understand what I am trying to tell you? (*Affirmations*) Each precious moment of your time, is time to be used in your own spiritual evolvement. If each person upon this planet was to view life as such, indeed there would be much to look forward to. The spiritual awakening would be greater, not only for you human beings, but also in the evolution of this planet. You know also that this planet Earth is but a small planet in the scheme of life. So, do you see how insignificant it becomes when so many people upon this world speak about some *special year*, when indeed the miracle of creation is with you in ***every moment of time***. Have you any questions upon this subject, my dear friends? (*Pause*)

Lilian: No, I don't think there are.

You have all become so knowledgeable! (*Laughter*) I do not mock you.

George: Looking back over the period of our history, there have been periods that one can look upon as special (**Yes.**) in some way or other and perhaps the coming decade will be special in terms of the opportunity of new beginning. I take you point that there is a new opportunity every day. (**Yes.**) We are aware of our mistakes through the 20th century and one lives in hope that there will be fewer mistakes in the years to come. Perhaps it is wrong to view any period as special, but perhaps it is a hopeful way for us to look ahead sometimes.

But do you not see my dear friend that as you spend time looking forward that you are missing the opportunity of now? I understand that mankind needs something to grasp hold of, to be special, as you say in this day and age. This earthly planet is still in turmoil as each one of you knows, but it is up to those of us who come to your world to instruct, especially people such as yourselves who have the beginning of awareness. We wish to direct you all in order that you too can direct others in the rightful way of thinking. Yes, I take your point, mankind does always seem to need to live with hope, but when you have the knowledge of the all-consuming power of Spirit, then these wishes, hopes and desires do seem to be rather needless. Do you agree? (*Affirmations*) Yes, that is one point that I wish to clarify with you and as you are in agreement, that can only be good. Another point I wish to raise with you this time, we hear so often confusing messages given about the *life path* of human beings. I have spoken, I know, on different occasion about many things, but sometimes it is necessary for us to make clear to you

anything we feel that is, how can say to you, *misconstrued* or not fully understood, by the people on this planet. One of these things is the *life path* of the human being. Are your lives fated? Do you have a life plan? Let me begin my dear friends by throwing the question out to you. What do you feel?

Sarah: I think maybe when we come here we have a plan of what we want to do and, but as energy is ever-changing, so we don't always keep to it.

I know what you are saying. Does anyone else have an opinion please about this matter?

George: We have inner feelings which probably link with our initial plan.

Closer! Yes, anyone else please?

Paul: We are all born with certain talents and I feel there is a certain place for us where we could *flourish* and that maybe is where we should be heading.

Yes, yes I take you point. Yes, the other gentleman, what do you feel?

Mark: Yes, I go along with the things that have been said.

You feel life is mapped out for you?

Mark: Not exactly mapped out, but you certainly feel sometimes that there are opportunities that you feel you have got to go for, you have got to try them. You do not exactly know why straight away, but you just feel you have got to make this step and then other things seem to unfold and then later on you can see why you did have to go and take that step.

Margaret: I agree with that completely. You can plan things and whether they come out fruitful or not, you are meant to do that to find out these things, aren't you?

Yes I take your point. Let me now say what I wish to say to you: There is much confusion in your world about the life path of the human being. Yes, you do know before you come to this world what that plan is, but it is the soul path, not the human being. I hesitate there because I want you to realize the difference. Too many people in your world feel that their physical lives are mapped out for them. Not so, not so. It is the *soul* who has the life plan. Therefore the human being can be totally unaware of the soul's path. If you do not understand what I tell you, please stop me and we will try to make it clear to you.

Lilian: So, if the human part of us takes the wrong path, does that disrupt the soul's path that it should be treading?

The physical being is activated by the soul, so as the gentleman has said, it is the *inner feeling* which should be the guiding light. Those people who are unaware of spiritual power are treading pathways which to them is negative and uninformative in their lives. It is the *soul* who knows and understands what pathway should be taken. Can you see the difference? (*Affirmations*) Do you understand that you can live a human, physical life without ever understanding what your pathway is? (*Affirmations*) That is why we hear so many questions, '*what is life about?*' That is the physical being crying out for the soul to help, but as you understand—and let me say I congratulate you on your understanding, that it is the *soul*, it is the *soul* who retains the knowledge of the life plan, not the *physical* being. The human physical being has freewill as you well know, but it is the *soul* who activates; so you must listen carefully if you wish to be directed correctly upon the soul's life path.

Lilian: The inner voice as we call it.

Partly, yes. After all the soul has to go through many initiations in the human living, if it is to reach that stage of understanding where it can go forward in our world. Each soul has that responsibility when it comes to this physical world; it knows what must be done, but because most of you have blocked memories, you are not fully aware of this. That is where the confusion lies. Too many people feel that their physical lives are mapped out for them. It is not, it is the *soul's* path.

Sarah: Salumet, would you say that the more times you have been back, the easier it is for the physical to listen to the inner self? Is it the very young souls that come here that are having the most problem listening to their inner self?

You must be careful my dear friend in expressing 'old' and 'young'. Yes, we do have old souls who return, but they are returning in part, remember, the part which needs to *learn*. Therefore it is a 'new' experience shall we say. So although the soul may be older, the human being may be completely new; the experiences will be those that the soul has not learnt. So I would not say it is *easier*, but the soul would be more aware of the difficulties that the human being is faced with. Do you understand? (Yes.)

We cannot interfere in human life. We can stand by as ‘directional beings’, if you like, to help and encourage you, but we cannot step in and interfere. Is that clear for you?

Sarah: Yes thank you.

Do we have any questions that perhaps you need to have cleared, because when I come to you next time my dear friends, I hope to bring you some new knowledge and new information. So let us make the most of this time with any questions that you have doubts on.

George: I had something on my mind which relates to the earlier part of your teaching this evening perhaps. Recently Pope John Paul asked for the forgiveness of the sins of the church in past times and these included the Inquisition and the violence of the Crusades and I felt this was perhaps a sign of our times: job well done, it cleared the air for the formal church which needed clearing. Do you have any comment on this happening?

I would say on this to you my dear friend, that those comments made by the Papal leader does denote, does it not, the goodness of his heart? To us it shows not so much that he has asked for forgiveness for others, but it has shown to us the magnitude of his love, it has shown to us the greatness of his Spirit. Therefore, whether his apology be accepted or not within your world, in our world it shows that this leader who has made these gestures of apology, he shows the way to many other leaders in your world. (Affirmations) That is where his greatness lies—not in the apology, because of course you know, he cannot obliterate and apologize for deeds done by others, but as a leader he has shown greatness by that great love and sympathy.

George: Yes, thank you for your words on that.

Do we have more questions? (Pause) I have to say my dear friends, your gentleness and quietness when we meet, makes me humble, but so many questions when I am not with you! (Chuckles) There has to be reasoning in that I suppose, but if you are content then I will leave you this time. I leave you in the knowledge that your awareness is ever-growing, ever-expanding.

Lilian: Can I say that when we read your words again from the transcripts then I think again and think of the questions probably. It begins to sink in.

Yes, it is good that these words are written down because sometimes the human thinking does not always fully appreciate the *true* meaning of my simplistic words.

Sarah: And our memories fail us too and we can't always remember what you have said.

No, that is why it is good that you *can* re-read these things.

Lilian: And our American friend (*Brent*) would like the transcripts again, so that's good.

Yes, always still he questions but that is to be expected in one with such an intellectual mind, but in saying that, every seed has to germinate. So, my dear friends I will leave you this time and leave you in the hand of this one (*Lilian*) who is most capable and beginning to feel much more in the way of leadership of this group. (General thanks and farewells)

~24th April 2000~

Good evening. (General greetings)

It is with an open heart that I join with you this time. I feel your love as I hope each one of you feels our love towards you. This time, my dear friends I wish to speak with you about matters perhaps you are not aware of, but as we continue I will leave open to you time for any questions about the subject I am about to discuss. As you well know, my dear friends, the Divine Law always runs smoothly. There can be no discussion upon this point, because that is Truth. But what I wish to say to you is this: Within our world there has to be some kind of order, some kind of encouragement and upliftment to those who need help. Therefore I know that you are aware that there are many who you call ‘masters’; I would prefer for this evening to use the word ‘teachers’. We have spoken much about my world and so many aspects within it, but without the teachers within our world, it would not be quite so simple for those souls who are looking to grow and to go forward. Many teachers in our world are able to descend into many realms or planes as you call them, in order to help others. These souls do this work because the desire to help is great. They of course would be much more comfortable within their own realm of

existence. What you may not know is that there are teachers of *many kinds* who come to teach in all areas of living. You have heard of the great halls of music, the great halls of teaching, our hospitals—you know all of these things, but what I wish to discuss with you is the work of some of the teachers which inhabit these places. '*What is a teacher?*', I might hear you say. They are enlightened beings, beings of heightened awareness and knowledge who come to give great love to all those in need. But the teacher I wish to tell you about this time are those beings who help the soul who has grown in awareness, but who needs guidance before they can join what you term a higher plane or realm within our world. These beings, these teachers have specific tasks. I do not think you are aware of them, my dear friends, are you? (No.) No, because little is known of their work. You know and have been taught that thought is the ruler in our world, that thought creates reality. Yes, of course, but what you are mostly unaware of is the guidance behind that instantaneous thought, which moves the soul forward. There is wise counsel for these souls. These are the listening ears of the soul who reaches out for knowledge and awareness and desires to go forward. These teachers come from great planes as you call them. They descend to help others but their time is limited because of the density of the surroundings. Of all the masters who oversee so many things in our world, the teachers of *awareness*, they are indeed teachers of great magnitude, great love, great spiritual awareness. Before I continue, shall we have some discussion about what I have said thus far?

Lilian: These teachers, would they have gone through the stages which we all have to go through and then reached this?

No, these particular teachers as we are calling them, have no need of these earthly experiences, but they are aware and have great knowledge of *all* that drives the soul, they have a knowledge deep within which can expose the soul, which knows the very energy—basic energy that that soul has. So these teachers are not of your world, they come from much further. That is why I have selected them for you this time, because little is known of them. The reason I give you this information this time is that as your own awareness, your own divinity grows—and we know you have spoken on physical terms about how the soul should grow and how you must listen to that inner voice—these teachers sometimes are your inner voice, not only your own soul. They do not come often to this plane of existence, because as you know this is a plane of much density, of heaviness but you have heard I am sure of cases where people feel that it is not only their inner voice that they hear but something outside of themselves. Think upon these teachers, because they have much awareness that is little known to many souls. Do we have more questions before I continue?

George: I would just like to observe that it brings home to us even more just how small we are to the cosmos and how indebted we can feel toward other beings within it.

Yes, that is why I am speaking with you this time, because I feel that your understanding now has become much more heightened by the knowledge you have gained, that this new knowledge, not known to many, can be accepted by you and be taken and can be thought-provoking to you. That is why I bring it to you and, yes, within the Divine, the Divinity, the cosmos—all of you are but a dot. But that should not prevent you from trying to understand the greater scheme of life. After all my dear friends, I would say to you that since we came together your own spiritual awareness has reached such heights as you would not have imagined. I believe this to be true. I, of course, can see you as you truly are, but because you are clothed in this human form, the view of yourselves is rather blinkered.

Mark: Do these energies come to uphold the Divine Law and at the same they are part of the Divine Law? Of course. All law is the Divine Law, it always has been, but as energy is always moving, so is understanding. That is what changes, is the understanding. But the great teachers of awareness are the teachers of Divine energy. Their time which they give to all souls in their own personal development is limited, because they come from much higher planes of existence. Their sacrifices are great, their motives unselfish, their love abounding and, as I have taught you, overall there is no *one* soul more important than any other as far as the Divine knowledge goes—You have to look towards these teachers of awareness as beings of great love who offer of themselves much, who sacrifice much in their own personal development, only in the sense that they could go much further forward, but because of the great love they desire to help those less fortunate. And although within Divine Law their own souls are developing, it is still in a sense, and for your own understanding, a sacrifice which they make. Do you

understand? (*Affirmations*) I do not wish you to look upon the word 'sacrifice' in the human sense—that is not what I am trying to tell you, but at this moment in time I find no more suitable word to use. Of course they are growing because they give of themselves, but the great love towards all souls is tantamount to no greater love that you could find upon this earth. So, for this time that is what I wish you to think about, the great masters or teachers of our hospitals or our music halls or our schools and each one is indeed a teacher and their work most important. But I wish you to think upon our teachers of awareness and development and growth. Do you have more questions, please?

Lilian: I was just thinking that it must be wonderful to be in the presence of one of these teachers, the feeling that would be there.

The soul in the presence of these teachers are quite comfortable. They cannot see other than the beauty of their guidance and their teaching and the soul instinctively knows that what help is being given is indeed correct for them.

Mark: So there wouldn't be any point in trying to distinguish between the voice of one of these and your own inner voice.

All is one when it comes to you with love, yes, but for your own *self-awareness*, we have to make some distinctions at this time. Do you understand? (*Affirmations*) Are you sure my dear friends? Do you understand what I am trying to tell you? If you have doubts or questions, now is the time for us to discuss them because I will not return to this matter again.

George: The teaching souls, they have their own continuing evolution (*Yes.*) and it is part of that that they are sacrificing in devoting their time to teaching?

Yes, but of course be careful of the word *sacrifice* because they are evolving, of course, otherwise what would be the purpose? But at this moment in time I use the word sacrifice cautiously. It is a physical word remember, and to the teaching soul it would mean nothing at all. Do you understand?

(*Affirmations*) Any more questions, please?

George: These teaching souls would have had their past lives, albeit not on this planet and not necessarily on planets?

Yes, we are speaking here of the teaching souls whose evolution as you call it, their awareness, their growth, is such that all knowledge is known to them. May I put it to you in that way?

Lilian: Would any part of...

No, no; I understand your question. No, some of the other teachers have followed the course of physical living and continue in that way. In the halls of music, in the halls of teaching, in the hospitals then this case is correct, but for the teachers of awareness, of growth, of knowing the soul, then they are all-knowing. That is why I have taken them apart from the others. They are the teachers of knowledge least known.

Lilian: And when the soul is ready and they can come along and help move forward...

There comes a point when the soul needs to go forward that sometimes they are confused, they wish to remain in a comfortable level of existence when in fact spiritually they have grown. That is the time when the soul of teaching comes close. Try not to imagine teachers as you see them—this is always the problem also that they are made known to the soul but in an entirely different concept than you may imagine. But I do not wish to enter into that now—that would be too confusing for you. But the teaching soul would come close to the soul who is trying to grow and move forward and in an instant the soul would know what the teaching would be. Remember the concept of *time* is different, the understanding is greater, the soul is more aware of spiritual contact as it should be. Do we have questions, please?

(*Pause*) I think you need some time to digest what I have said. That is my intention for you, that it is a little more knowledge for you to ponder upon.

Lilian: It's comforting to know that we are helped even more.

The soul is never left alone. I sometimes feel that human beings think that the only people who surround them with love and knowledge are those loved ones who have gone before them or those people they have known throughout their lives and are known to them as guides or helpers. This is a very wrong impression to have, because do you not see how limiting that can be when there is so much that can be tapped into? The whole of the cosmos is within you, so much help, so much upliftment and so much love to surround you all. Try to view my words this time on the greater scale of life. Let your *soul* do the thinking, let your *soul* feel, let your *soul* grow and then the awareness and understanding will be greater.

I feel that for this time the words which I have given to you are enough for you to contemplate this time. Therefore, I will withdraw and allow some quiet thinking time. I would say to you, my dear friends, that as you sit quietly, allow those who stand by you this time, to come even closer and I leave it with the dear lady (*Lilian*) that whatever you feel you may discuss and I say quietly please until this instrument is back with you—but quietly discuss between yourselves what you are feeling. I leave you as always with my love and my blessings until next time. (*General thanks and farewells*)

~1st May 2000~

Good evening. (*General greetings*)

I am happy to join with you once more. I have been aware of each one of you more clearly since last we met. I wish to say to you this time that do you realize how much the connection between your spiritual growth and your physical living has developed? I know that each one of you is much more aware that as—and you do not know how much you have grown spiritually, but I try to tell you often—but I know each one of you has become aware of the union between Spirit and physical life. Each one of you knows and understands that you have become more than just emissaries for Spirit, you have become within yourselves more Spirit, less physical. Each one of you, although each one is so different, but each one of you *has* the opportunity to voice the knowledge that you have gained. I know there is a fear amongst you that you are afraid at times to speak the words that you know to be *truth*, but this fear will go as you grow. There will be no fear and truth will come easily to be parted from your lips. Each one of you in your own individual way has much to give, not only to give but to teach and teaching of Spirit, remember, comes about in the most simplest of ways; a touch, a smile, to live your physical lives as you know you should. To dispel fear and doubt in all of your daily living will enable you to come forward with the truth of Spirit to those in your world you have become almost spiritually ignorant. I say ‘almost’ because there is a spark within all people whether they deny it or not, they know what truth is truly about. But to those people you can bring love and light and harmony and so also to yourselves does this not come back to you. So I say to you this time, my dear friends, continue to go forward; use your words wisely—many opportunities have been given to you thus far, and I say to you now, that as time continues throughout your physical lives, that many, many opportunities for each one of you will come. And it is up to you, my dear friends, because of course you have your freewill, it is up to you to be positive and to take those opportunities given for the greater good of mankind. I hope my friends this does not sound like one of your earthly sermons—I do not mean it to be so, but it is good for each one of you to know what you have fulfilled and what there is to come. So I say, do not be afraid to use your words when the opportunity comes to you; not only your words but, as I say, a touch, a kindness, a look—these are all spiritual gifts. Make use of them, bring love to your fellow man. These things are simple to do, but you have to make the effort to fulfil them. If you have any questions this time, I will answer them, but I would say to you, I would like you to give some time this evening to your own individual development if you are agreeable. (*Affirmations*) So, my friends, have we questions this time?

George: Could I just recap on when we go within: We might hear the eye of divinity, the ego eye which needs to be subdued sometimes, when there might be influence from a Spirit guide, on very rare occasions there might be the voice of a soul teacher. Is that a fair statement in connection with going within? You have listened to my words wisely and for this I would say to you, there are many degrees to what you call meditation. You can have a group of people who will speak to you of different experiences during what you call meditation, but *true* meditation in the spiritual sense, of course you would always be guided by those friends, helpers and, yes, teachers of awareness at times. You are correct in your assumption. Meditation to be true, you need to give of yourself with love, with openness and to offer yourself to the Divine Creation to be used, to be used not as you will, but as that Divinity would have you do. Do you understand? (*Affirmations*) If you want to achieve meditation on the highest level, then you have to forego any physical traits of thinking, you understand?

George: Yes, thank you. There is another question I would like to ask about *time*. In Spirit evolution continues and in a sense therefore...

Can I stop you there, my friend? I know you use the word ‘evolution’. It is used mainly for physical living. If you are going to the higher realms as you wish to call it, I would prefer to call it energy expansion—there is a slight difference. If you wish to continue on that pathway, then by all means continue.

George: Yes, I was just going to enquire if there might be an aspect of time in Spirit, but in Spirit one would not be aware of it, there would be no awareness of time.

Yes, that is why I use the term ‘energy expansion’. The aspect of time by then would have disappeared if I may use that.

George: So, throughout various realms in Spirit there would be no time involvement in any of those realms. **Not as you would have it, no. But of course that is far off in your knowledge and would take much *time*, may I use the word again, before that would be achieved.**

George: Thank you for your term ‘energy expansion’, that has cleared it further for me.

Yes, I know the topic of time with human beings, it has been much maligned by many people on your planet. It is a confusing subject and best taken one step at a time, but I hope, and I know that you acknowledge the teaching I have given you about time.

George: Yes I merely put questions in order to help clarify for us.

Yes, that is why we have time for such questions in order that clarity of thinking can be achieved. Are you happy with that? (I am.) Thank you. I feel now, if you will, that time be given to each individual one. I, of course, my dear friend, will leave it in your most capable hands. (General thanks and farewells)

~15th May 2000~

Good evening. (General greetings)

It is good to be with you once more. Can you feel my dear friends the bond which is with you all this time, which passes one to another. (some affirmations) Yes, this time it should be feeling stronger. Can we take just a moment this time for you all to feel this unison, please. What are you feeling, my friends?

Margaret: It's power in my arms and my hands. (**Yes.**)

Lilian: Peaceful. (**Yes.**)

Sarah: I feel a lot of energy. Just now I saw a star and I felt that the pointers were us and that you were in the middle of it.

Yes, good. Anyone else, please?

George: Almost a pressure. I don't know how to describe it other than that.

Lilian: I think it is the energy. (**Yes.**) And it can feel heavy.

Margaret: My hands feel heavy.

Mary: It just feels like an emotional warmth.

Yes, good.

Paul: I have the feeling it was like a fire in the middle of the room and we were all getting strength from it—from the *centre*.

From the centre, good, yes.

Mark: I feel a cosiness/warmth/cosy feeling.

Yes, although each one of you has described individual feelings, I can tell you that these explanations are upliftment of Spirit and the feeling of the power which joins you from *our* side of life. It will help each one of you if, at the beginning of our joining together, you can quietly see yourselves as *one*. You may focus on the individual feeling that is suited to *you*, but what I wish you to understand is that you become as *one*, you understand? (Affirmations) I wish to speak to you this time, my dear friends, a little about your spiritual growing and your spiritual understanding and awareness. I want you to fully understand that as you grow more fully spiritually and the awareness becomes stronger, you may find that at times physical living also becomes a little more difficult.

Lilian: Does it?

You sound surprised dear friend.

Lilian: Disappointed, probably!

Disappointed—No, please do not be disappointed, because what can be achieved without striving for it? What becomes easier in life is not what is confronted, but in the manner in which you deal with it. You understand? (Affirmations) Perhaps you can equate it with children in your own world you gain in knowledge, but have to, shall we say, sit more difficult examinations. That is because of their growth in knowledge. Nothing stands still. Therefore, what I would like you to try to understand is that as the awareness grows, life too becomes a situation of difficulties in which you have to cope. But because of the growth of Spirit, all problems are dissolved more easily. Do you understand what I tell you? (Affirmations) Is it clear to you? (general agreement) So when life presents problems to you, I do not wish you to say 'why?'—I would like you to say '*Here is my opportunity.*' You must make it—I do not like to say *challenge*, that is an incorrect word to use, but it is something that you must strive to work with.

George: We have the ability to rise above the problems.

Yes, and this is because of the spiritual growth. But because your growth and awareness has increased, does not mean life should become easier. So, do not be fooled into that false hope that as you grow spiritually, life becomes easier. I hope you understand—if you do not please let us discuss it now.

Lilian: I think we all understand, don't we? (Affirmations)

Has anyone any thoughts upon this matter which we may discuss now?

Mark: I was just thinking that as you grow spiritually it would make sense that you would be able to carry more responsibility, maybe?

Responsibility in life becomes greater, yes, because of your knowledge and understanding. Your own responsibility is greater, say, than one who has little knowledge. You understand, please?

Lilian: Yes, it does make sense.

The gentleman hesitates, are you not?

Mark: Oh no, I am with you there now.

Lilian: Yes it does make sense, doesn't it? (Yes.) And with the help of you people we can see the difference. (Pause)

Well, once more I see that each one of you is so well endowed with knowledge that we have no discussion. I am happy for you. Have we any questions at this time that you wish to discuss, because I do not bring to you new knowledge to you this time. Let us discuss anything that you are unsure of.

Mary: I have a question but I do not know if it is relevant. It is something that I have been thinking about lately. (Yes.) I feel somehow that the children coming into the world now are much more spiritual than we were when I was younger and I feel that the adults around these children have a special responsibility to nurture them.

May I stop you there and say to you this: Yes, when first I came to you I said many changes would be happening in you world. There are many 'masters', as you call them, who tread this planet. In order for us to help you on this planet, there had to be, how shall we say, *many more* with knowledge in your world to encourage and to help those who had lost their way. One of the things that was decided from our side of life was that we would help to introduce more souls who would retain spiritual knowledge in order that they could help many, many others. Because when you have a child who expresses and shows spirituality in many forms, you, as human beings, tend to say, this is a *special* person. Let me say, this person is not special, they have come to this world to do work to help human kind. Yes, you are correct partly that many more souls, *older* souls from our world have entered this planet more recently in order that we can help the planet. So I say to you, my dear friend, your awareness is such that this has been noted well, but it is not to the extent that you would assume that every child is more spiritual—that is not so. But there are cases where the soul who enters the human form retains more memory, that is all. Our work must not fail this time as it has in time gone by. I told you when first I came that mankind had reached a time when knowledge and truth would come to him and there have been many ways that we in our world have joined with you to help in that task. Does that answer your question? (Yes.)

George: One of our failings is that we are not very good with the use of our own words. We get a little confused sometimes. It is good therefore if we can have definitions of words and it would help me if we could begin by defining *soul*, which I think strictly is a Spirit or an entity in Spirit and I believe a small part of

that soul may be involved in earth life, physical life. The greater part of the soul will always be in Spirit. Is that strictly correct for a start?

Yes, there is much confusion in your world about the use of the word Spirit and soul. Yes, the clarify this for you. Yes, to clarify this for you, you are Spirit. We come from the world of Spirit, that is words used because it simplifies what we have to do. But the Spirit that is you here and now is but a tiny iota of the soul. This is where the confusion lies, that many people feel that the soul is one entity within the human form.

George: I think we sometimes refer to that part of the soul which remains in Spirit as the Higher Self.

That is part of the soul.

George: Yes, the Higher Self would be the greater part of the soul?

Not the greater but part. Remember, I have told you that there are many parts to the soul and my dear friend, remember the diamond, the facets of the diamond and then you will begin to understand. One facet of the diamond is perhaps the Higher Self of the Spirit that is here now. Do you understand? (Yes.) We are moving here onto deep matters but I hope that will clarify it for you just a little. The Spirit here within the human form is but one spark or one facet or one small piece—choose your own phraseology, but it is but one small part of the whole.

George: And that small part can have several earth lives, may reincarnate several times.

Different facets, yes, yes.

George: I just wanted to clarify that that same facet of soul could have several lives.

Yes, yes, I understand. Yes of course, the one facet of the soul may return to your world many, many times. If the failure of the Spirit in the human form fails in its mission, then it will return or accept that another facet of the soul needs to return in its place for a certain length of time.

George: It could be either way.

Yes, we are onto complex issues here.

George: I think you also said that more than one facet could have earth life at the same time, but this would be very rare.

Yes, it is not—how should I say to you—*usual* in the sense you would understand, but yes, it happens, yes. But normally one facet of the soul returns to this planet at any one given time. Is that helpful to you? Are you happy with that explanation?

George: Yes, I was just wondering if the soul which itself is moving on... (Pause)

Yes, I understand.

George: I was just wondering if there was any further conglomeration of souls?

Yes. You must also understand that as I speak of soul, there are again many facets of soul, which as we move as energy is also moving, will join and expand and increase. I think this is where you are falling down in trying to understand what happens to soul. It is not Spirit returning to one soul in one time. There are many facets to the soul and the soul belongs to a much—you use the expression, '*larger soul*' but it is actually a joining with divine energy. These are difficult things to explain to you. The understanding cannot there and will not be for some greater time, but try to imagine that the soul joins with the ever-moving divine energy. It becomes a much larger issue.

George: And you yourself have come to us from that further domain.

Part of me, yes. I am but one smaller issue from that divine soul, yes. It is difficult, is it not?

George: But it does help to make it clearer for me. Thank you very much.

Yes, I, as I am speaking to you now through the human form, am part of that Divinity which has come to your planet to help mankind expand its knowledge. I do not belong to the lower integrated smaller version of what you call soul—no. It is something we will speak about further on another occasion, because it is a vast subject, which I feel you are not quite ready for. And I know your physical understanding is great, but I am not sure that the others would be able to interpret it so easily. I am not being unkind to the others, please be assured, but it is a vast topic. Do we have more questions this time?

Lilian: At our last meeting the first thing was a rescue of a child and I think she was 7 years old when she passed over to Spirit, but she appeared to have spent most of her little life in a *kennel*. She would not come

out of this kennel, she obviously had a tough time. She wouldn't have chosen this life, would she? Something must have gone wrong when she arrived?

Still, my dear friends, you have not grasped the—how can I put it to you—you have not grasped what Spirit is truly trying to achieve. You cannot judge what that Spirit has chosen to do. It does not pick specific ways of living perhaps, but it chooses parents because the opportunities are more likely to occur for the growth of that Spirit. You should not concern yourselves about individual rescues as you say, because your work has been done. Do you understand? (Yes.) Try not my dear friends, to analyse what has happened, because you will only confuse your thinking. That soul I can tell you, did not in fact choose to be placed within that kennel, but that child as you say, chose to return knowing that it had a debt to pay to one of those parents and knew that the situation would arrive, where that debt could be repaid. So you must not judge; you cannot judge and if you try to you will more than likely judge wrongly. Have I not said to you, do not judge another, because you do not have the full picture. You do not know or understand what has gone before. You find it difficult in your world to understand suffering and man-made disasters. I have told you that Spirit comes for many, many reasons and this is not for you to judge. What I would suggest to you my dear friends, is that when rescues happen—and we are most grateful in our world for that type of work—you must help and then let go. Do not analyse. Is that helpful to you? (Affirmations) I know there are many, many happenings in your world which, to the human being seems unfair, but who are you to judge? You cannot see the wider scheme of life. Who is not to say that the child you speak of grew in Spirit because of that experience? Do you understand? Although the physical happening hurts you, you have to see the wider issues. You have to focus on the Spirit and not the human happenings. After all, the Spirit survives, not the human body. And although for you humans that seems cruel—and that we understand, because you are human and you have these emotional bodies, you cannot help but feel that this must be wrong; but I can tell you that this experience has made the Spirit grow. So, do not be fearful but accept the help that was needed for the rescue work has taken place and all can only be well.

Lilian: Good. Yes, and I know of some other situations as well.

Unfortunately my dear friends you quickly forget my words to you and that is why it is important that we continue to have these question times in order that I can remind you of what I have already given to you and because you have human failings, you will forget many things that I have already said to you. (Affirmations) So I will take one more question this time and then I will leave you.

George: It seems to have become the fashion for us to have homes for looking after old people and it has become possible for our medical services to prolong life long after the physical body and the mental body has worn out so that a number of people are being looked after with no apparent reason for continuing in the physical life. I am sure these places are in a way ordained and they are wonderful places for exercising compassion. Have you any comments on this situation that we have developed?

Yes, well of course you know and can perhaps remember that I have spoken about the human race and the fact that you should if all is well in the thinking, can live to a much longer age than you normally do. It all comes down to thinking. We have discussed illness and we have discussed responsibility and we have discussed the topic of doctors and medicine and the influence which comes from our world. We have spoken over these matters. Yes doctors will be able, as your evolution takes place, to be able to prolong life. Whether this is acceptable to you or not depends upon the way of your thinking. Each one you my dear friends, could choose the time of your leaving if you so desired, if you could only but reach that state of knowledge and awareness which tells you that it is time for you to come home, without any illness of the body or any looking after I believe you say.

George: I believe there are many in the East who are more practised in that than we are in the West. Yes, there are some in your world, but it is possible—I know this seems a large statement to make, but it should be possible for each one of you and the *key to healthy longevity is your thinking*. Your doctors who are inspired from our world, have responsibility for all of those people who they have in their care. Each one of you has responsibility for yourselves as Spirit and each one of you has responsibility for those you are in contact with. If you want me to express an opinion upon this matter, I would say only that perhaps to people who have grown old and weary and try to keep alive in whatever

form by the medical profession would involve someone with spiritual knowledge who could advise on spiritual matters. Do you see what I am coming to?

Sarah: I don't quite understand that Salumet.

What do you not understand dear friend?

Sarah: You said that if someone is old and frail and the doctors are keeping them alive, what was that you said about the spiritual?

It would be much better to have someone with the spiritual knowledge and awareness to be looking after them.

Sarah: Ah, right, yes, thank you.

Because then the Spirit would have the knowledge to release itself. After all, my dear friends, you well know and understand, why do you need to hold on to these old overcoats if your time is ready to come to our world. And people do, because of your own freewill you can—because of the power of the thought, and again I return to my favourite topic with you, the power of your thought—you can create many situations which would be best left behind. Do you understand? (Affirmations) But again because you are human, you cling to human life for all you are worth. But mankind—and there are peoples in your world who live to a much older age, much more healthily—but when the time is right, they release themselves.

George: This is perhaps the ideal.

That is what each one should strive for. It can be achieve but with much work. Thank you my dear friends, thank you for listening to me once again. (general thanks expressed) As always I hear your questions and cries for help for knowledge or understanding; they do not go unheeded, but again I remind you that I cannot interfere. I can encourage and uplift and influence, but I cannot interfere; but that is not to say I do not hear you. I leave you this time with all of our love and until we meet next time, know always that I am with you. (General thanks and farewells)

~12th June 2000~

Good evening. (General greetings)

I am happy to be with you once more.

Lilian: We are happy to be together again.

Yes. Although we have been apart physically, spiritually you always will stay together. This is perhaps something you could ponder upon in your quiet moments, perhaps my dear friends to see how closely linked each one of you are in Spirit. I wish to say to you this time just a few words about this group in general. Whether you realize it or not, each person has undergone in the past two years of earthly time much learning. Although you would claim these things to be physical learning, you cannot separate it from the growth of your Spirit, no matter what each individual lesson has been, and they have been extensive. Whether it be patience, understanding, trust—no matter what the physical learning has been, you my dear friends, each one of you, have grown in Spirit. So again I will say to you once more—and I do not apologize for the repetition of my words—that each learning you undertake upon this earthly plane, you must not look upon it as hardship or some form of punishment—that is a word we hear too often—but understand that as you pass through each difficult

phase of your human lives, that the Spirit soars and makes it place within our world. I am sure if each one of you was to devote a few moments of your time to think over the time gone these past two of your years, you will see how you have come forward and how much you have grown in understanding.

Do you accept my words my dear friends? (Affirmations) Can you all see that you have grown.

(Affirmations) In accepting this you also clarify for yourselves that indeed life is much fuller than the physical existence. I know there is no doubts with you now, but remember that I said to you a little time ago, that as you go forward these 'lessons', shall we call them, can indeed become more difficult than become easier. That is not to say that your physical lives will become more difficult, I do not mean that, but the understanding that you have to achieve for the growth of the Spirit, becomes more difficult. Do

you understand? (Yes.) Therefore, I say this to you my dear friends: We shall go forward. This evening I will depart to allow each one of you some spiritual development, but when next we meet I will bring to you some more philosophy from my world.

Lilian: Could we ask one question?

Of course.

Paul: Is it okay if we bring someone called Graham, my brother-in-law, next week? He has asked if he could attend one of the meetings.

Lilian: Sara, his wife, already comes when she can.

I have anticipated this question. I am only surprised that it has taken so long. I would be happy to include the gentleman, but let me say this that his mind will have much to think about. After all, he will join you as a group who have gradually, over time, been given much knowledge.

George: As you will know, he is very much the scientist (**Yes.**) and he comes from an interesting direction. Yes, that is fine words, yes. But his intelligent mind will help him in the understanding of the words used. What we need to cultivate within him is his senses rather than intelligent thinking. That he has the capability of doing and I feel I will be happy to have him here. As I have told you before, my dear friends, many will come and many will go. Those of you, shall I use an earthly expression, who *stay the course*, are those of you who have achieved some attainment of Spirit, which enables you to continue. Those who leave and go forth on different pathways are not yet ready for my words, but that is not to say that we should not include them in this group. Provided I am asked, I am always happy to let you know who is suitable. He, I have to say, is not without some little experience in phenomenon, that one. Now, my dear friends, I will withdraw this time and I will leave you with our dear friend here who will, if she allows, speak to each one of you in turn. Let yourselves be free to express in whichever way whatever you feel, whatever spiritual needs, questions or actions, please discuss it with our dear lady here. I leave you now again with all our blessings. I look forward to our next meeting when I hope once more I can bring you enough words to create new thinking. Before I leave, I would say to the gentleman please, (*George*) you must make your lady rest a little more. You understand. She must rest please. We will help you in trying to help her but she must heed your words. (*General thanks and farewells*)

~19th June 2000~

Good evening. (*General greetings*)

This time I would like to extend a welcome to the new gentleman.

Graham: Thank you.

At last he has crossed the threshold to spiritual knowledge. I would say to him, his awareness has been dormant for many years. His interest has been to the foremost, but it has happened recently that the Spirit has been touched and, as each one of you knows my dear friends, until the Spirit is touched, there is no healing, no knowledge. Therefore I welcome him although he comes to us at a time of much expanding knowledge, as you know. Therefore it will be that he may have many, many questions to ask of each one. We have awaited his arrival and now I am sure there will be much progress made spiritually. (*thanks expressed*) You (*Graham*) will as time goes forward, perhaps understand not only written words, but you will come to *sense* what is happening in places such as these. You all have been told that you are emissaries of Spirit, that many will come and many will go, but those who tread the pathway to truth, perhaps if they stray, they will always return to seek out that which they know to be truth. Now my dear friends I wish to speak with you this time about a subject perhaps little known to you. As you know, before you come to this planet, you are aware of the circumstances to which you come. You have chosen those who you wish to join with in this earthly life; this each one knows and understands. But did you know, my dear friends, that when you reside in the world of Spirit, that before you entered into earthly living, you were shown the lifespan of this earthly creation? Let me explain: When your time has come to leave this planet to return home, each one knows that before you and what seems to be to you like an instant of time, there flashes before you all of your life's history upon this planet. You understand, don't you? (*Affirmations*) But let me tell you this, that before you leave our world you are shown in exactly the same way, and I will not explain to you at this time how this is

achieved—that is a teaching of the future—but you are shown how important you have been in the creation of this planet; you are shown what part of the universal consciousness is. Therefore before you come to this planet, you *feel* the responsibility which all of you have towards creating a planet of love and beauty, because the Spirit understands, understands *fully* the message of *all* Creation. And all Creation, my dear friends, is **LOVE**. This scene which comes before you, joins with you in showing to the Spirit how the interaction of all life began. This is most important for your understanding. Do you realize the utmost importance of these words, because I do not feel that human beings have understood such visions before. Can you please take a moment of time to think upon my words and then I will accept any questions that you may have. Think about what I have told you and then we will enter into some discussion about it.

Lilian: If we are shown the life that we are going to live on this earthly planet, then when we come back to Spirit having lived that life, we are then shown where we went wrong and things we should have done and didn't.

Of course you see your life history flash before you in an instant, this fact is well known, but that is not the importance of this teaching this time. What you need to know is what *part* you have played in the creation of this planet—the correlation to the structure of the whole universe, that each Spirit has played a part in the creation of your own world. That is the point which you must try to understand. Is this too difficult for you my dear friends?

Margaret: It is for me.

It is?

Margaret: Yes.

Do we have questions or shall we leave it this time?

George: I think I understand that we know our life path before we have physical life on this planet (**Yes.**) in relation to the part we need to play in the Creation.

But it is the insignificant part, the part that you will play when you come to this planet. What is more magnificent is that you see before you the part that you have played in the creation of this planet. This is the point I try to place before you that each Spirit has played before the creation of this planet, each Spirit has played their part and this knowledge is shown to you *before* you make your judgement to return. Is that a little clearer? I know that we have much difficulty in expressing your earthly words for your own understanding, but it *has to* remain simple words for you to grasp the meaning of my teaching.

George: And the part that we then play in based upon what has gone before.

Of course, is that not the way forward? (Affirmations) Yes, always that is the way forward. But in an instant, you have seen all that has gone previously, all that stands before you, and all that you will return to.

George: All that can interfere with that is our freewill, which would in all probability only be a temporary aberration.

Yes, if you look upon it as such, then life on earth becomes simplified. Yes, of course, the freewill of the human being can be most troublesome at times. But of course you know that most of you return with memory blocks, because otherwise what would be the point, what learning would you achieve, if memory was retained?

George: Yes, I understand that man would expect some such causation, the difficulty is merely trying to express it in words.

Of course, that will always be troublesome, especially for those who come to try to teach you new knowledge. Remember, there is no new *truth*, only new knowledge, knowledge that you can accept. But I wish you to think about the knowledge that you *have*, before you return to this lifetime—many, many lifetimes and each time you are refreshed with the scene of the creation of this planet.

Lilian: That knowledge is within us anyway, isn't it?

Of course, but now in your understanding, is the time to bring forward these things to you so that the consciousness can further be expanded. After all, this is what we are trying to achieve this time, that mankind at last is listening and preparing himself for *Knowledge, Truth, Love***, that mankind becomes**

part of the consciousness of his own freewill. But of course, as always, mankind needs a helping hand. Have we more questions this time?

Paul: So, just to recap a bit: We have all played a part in the creation of the Earth (**Yes.**) and does that mean we also played a part in the solar system as well?

Yes my friend, but you are going forward too quickly. Yes, of course, you have that knowledge, but with the knowledge that you have been, shall we say, '*creators of this planet*', there also comes the knowledge that you have **responsibility for the **state** of this planet—that must go hand in hand. But, yes, when that stage of understanding is reached, you will go forward **knowing** that your knowing and knowledge and understanding is much, much greater than at first you realized. But, yes, you are correct in your assumption.**

Paul: Does the Earth have its own Spirit as well?

It has been created in the world of Spirit before the physical creation. I have told you, have I not, that all things are created first in the world of Spirit and their counterparts are then brought into the physical existence, yes. So, do you see the connection between what you *ARE* and what you are *NOW* in the human form? (Yes.) Can you begin to understand that there can be no separation from what we call the Universal Consciousness? Is it becoming clearer to you as I speak? I will help each one of you in your quiet times to come to the realization of my words this time.

Paul: It is sort of like we are part of the universe and could you say that we helped in the designing of the Earth as well?

Yes, you have that responsibility, therefore what you have achieved over the existence of the planet Earth, you and each one of you and every human being, no matter what their lifetime is now, each one of you has been responsible for the creation of this planet.

George: I think I can say there have been past cultures who have understood this and expressed it more clearly than many of us do today. (**yes.**) The Australian Aborigines call it '*Dream Time*', (**Yes.**) we call it '*Universal Consciousness*'.

Yes, there are many, many names used, Universal Consciousness is one that would seem to be understood by many. Therefore that is why I use the term, but there are many expressions or names for it. But yes, many of your earlier civilizations had much greater spiritual knowledge. We have discussed this on many occasions, but now is the time in the evolution of this planet for mankind to take responsibility, not only for earthly living but for *all* that this planet has become and to take responsibility in such a way that mankind can look inwards and say: '*Yes, this has been created, each one has helped to create what exists now.*' Is that clear for you my dear friends? (*Affirmations*) What I try to tell you this time is that you need, at this moment in your own awareness, to understand just how much responsibility you have. I want you to understand whilst here upon this earth plane, to understand the importance of your Spirit and how much power each one of you has within these physical frames.

Lilian: Any questions Graham?

Graham: Yes, in the physical world in which we live at the moment, will there always be a need for such a physical world in the future or as we grow towards spirituality will eventually there be no further use for the physical world in which we live now?

Yes, because you are new to this group I will explain to you but this has been spoken about. Yes, for the time being this planet is a place of teaching. It is necessary for the evolution of mankind. It is necessary as part of the universe, but the time will come when mankind has reached an awareness, an understanding, when this planet will no longer be needed. That is part of evolution, but we are speaking of much time, my dear friend. But I am sure if you need to look more fully I am sure the others will find for you my previous words about this matter. (*Thanks*) Have we more questions, please? (*Pause*) Yes, I feel that enough words have been spoken this time. I feel that what you need to think upon is quite sufficient for this time. We will go more deeply into this matter, but for now, please take my words, digest them, analyse them and if you can, accept them and I say, dear friends, we will return to enlarge upon this subject. (*thanks*) I feel this time that as I withdraw from you that it would be good, especially for the new gentleman, if we can sit quietly for a little while and then to allow those who wish to come to join you. I ask only this time that the instrument be allowed to return very slowly. Until we meet next

time, know that my love is with you as always, know that I hear what you ask and as always know that I will return with answers to your questions. (*General thanks and farewells*)

~3rd July 2000~

Good evening. (*General greetings*)

It is good that so many join here this time. Since last we met I have been aware of much thinking on the part of you all as regards to my words to you last time we met. It has been most interesting for me to hear what your thoughts have been. Each one of you has put forward many ideas for the reason behind my words. So, as you are individual, so too have come your many answers to my speech. This I would wish to say to you this time my dear friends: That the one word which has not entered your thinking about this topic is the most important one of all and that, my dear friends, is the word '*Love*'. Let us retrace our steps a little. When each one of you questions what life is about, we have discussed many things and I have said to you, have I not, that life mainly is service to another in order for your spiritual growth. But what activates service in all aspects of living is *Love*. I hesitate here my dear friends in order that the word *Love* occupies your thinking for a moment or two. After all it is the expression of love which initiates your working and living on this planet, not only for those nearest and dearest to you, but to those who you encounter upon your pathways. It may be but a moment of your time in living, but for each soul it can a lifetime of growth. In saying these words, let me return now to the topic which we had last time and simplify them to within a few words; the topic was your involvement in creating this planet earth. Yes. It was the love of the Spirit which enabled you to become part of the wider scheme of life; it was that love which activates you, which helped you to create this planet Earth in order that others could be helped—not only yourselves but many, many other beings. Does it now become a little more understandable to you? (Yes.) By including that one word, that understandable word to you all, you now begin to see that the energy that you give off is indeed that which you call *Love*.

George: Would it be also true to say that our involvement in the Creation would be in the nature of a service to the Great Spirit?

All service is to that Greater Consciousness, yes.

George: And that itself would be love.

That *is* love. If I might return you to the words within one of your religious teachings and it begins: '*God is love*'. Let us dispose of the word *God*, because we know there are many forms that many people upon this planet honour and love and learn by; but let us say that *all* is love, then perhaps you can see the wider scheme of life. Does this help you, each one of you? (*Affirmations*) If not, let us please to discuss it this time.

George: I wanted to thank you for being so patient with us last time. It just took a little time for us to assimilate the teaching.

I am aware and let us say that time as you know it is of little importance. What *is* important is that all that I give to you is eventually, whether it be a minute, a week, a year, many years of your time, but as long as the understanding comes. I, I think I can say, have resigned myself that the little patience I have gained is something that you human beings have still to conquer. But we are aware and it also helps us to understand in our teachings to you to be aware of your many—I almost said '*faults*', but again I hesitate with that word. Do we have questions please?

George: I wondered if we could recap a little in the following way. (Yes.) If one goes back perhaps 4 or 5 billion years in our time before the physical Earth and before the Spirit body of Earth, we would have been Spirit...

Spirit—let me interrupt just for a moment—Spirit has always existed, whether you call it Spirit, energy consciousness, it always has been. Yes.

George: It probably would be incorrect to refer to us at that time as souls, because that word as we have come to know it involves past life which didn't exist then, at least not in the way that we know it now.

Yes, yes. Of course you speak of soul in that manner as this planet did not then exist—then of course the Soul in the manner that you understand it would not exist, but the soul belongs to Spirit. In a sense it has always existed in other forms. But if you speak of the soul on the earthly planet, then you would be correct that before the time of the birth of this planet, then the soul in the way you speak of would not exist. As always there is never one clear answer.

George: So as *Spirit*, we had thoughts and we *thought*, we played our part in the creative principle in thinking of the planet and the Spirit body of the planet came into *being* (*Yes.*) and the physical planet followed. This, I would suggest, is not a unique happening in the universe, but a general creative happening.

It is the pattern of all *life*. The Power of Thought is a creative force behind all things and *Thought* belongs to *Spirit*. There always has and always will be *Thought*. Are you happy with those replies?

George: Yes, I was just attempting to fit our role in the Creation into the greater scheme of things and I can see that we as Spirit were part of that great creative principle.

Yes, it would seem to you human beings to be like a jigsaw, but each piece does eventually fit. It may travel around the board, but there can only be one place for each piece, which eventually slots into place. This is what happens with your understanding of all things. It is unfortunate, perhaps I could say, that whilst clothed in these physical garbs that the Spirit is so restricted, not only in thinking, but in memory and in all knowing. I have, of course, told you that all these things are innate within you. It is up to you all, my dear friends, to cultivate each gift of the Spirit, but I know and I fully understand how restricting these bodies and of course the physical brain interferes at times. Rather than help you to understand, it at times confuses the issue.

Sarah: I am sure it is all because of my physical thinking, but one part of us has to come back here to learn, but when the Earth has finished, when there is no more Earth, there must be another place where we can go to learn the same things because by the time the end of this Earth comes, there will still be some parts of some spirits that still haven't learnt properly so they need to go somewhere to learn. Or am I thinking too much along human lines?

Yes, my dear friend, you cannot see further that the Spirit has found itself so to speak, that when this planet Earth has reached its finality as far as the cosmic evolution goes, it should be that the souls who needed the experience—and after all, this planet has been created for the experience of those souls who needed it. By the time this planet reaches its finality, as you say, but remember—and this will be another topic—that nothing is lost. The energy of this pattern will return to its greater pattern, but there will be no souls as such who will need form of teaching.

Sarah: Yes, I can see it in a different way now.

Yes, you understand. (Yes, thank you.) Do we have more questions, because I would like to close this chapter if each one is happy with what they know.

Graham: We have been involved in the creation of our planet for our current learning and our current needs. Will we in the future, in other dimensions, go on to create other schools of learning in different ways in the same way that we have created this planet?

Yes, I have answered the gentleman previously that energy is ever expanding, therefore of course there will always be new creations, new teaching areas but in a different format. But yes, of course, there will always be learning; there has to be growth for the Spirit. Is that helpful to you? (Yes, thank you.)

George: Could I just observe that regarding love, in a much more physical sense and a scientific sense we have the word affinity. I have always felt that affinity is rather like a mechanical, scientific expression that is close to love, not the same as love, but it is to do with things coming together. I see it as an interesting scientific connection with love.

Yes, of course you must remember that we are using physical words again. We have to words for the benefit of you beings upon this planet, that is your way of expression. Yes, I understand what you are trying to say. Love is of the Spirit, love is all, it is the creation that comes forth to all things. Affinity is something I would say entirely different in earthly meaning. You can have an affinity to something, but not actually be involved in loving. There is a distinct difference as far as I can see.

George: Yes, thank you for your guidance there.

After all, man can have an affinity to an object without the emotional feeling of love, which of course, you would recognize as being emotional in the sense that you understand it. Would you agree?

George: Yes, I agree. It is nice to have your comment on that.

Now my dear friends, if you are content with our words this time, I will quietly withdraw from you and allow others to come if they so desire. Again I wish to express to each one of you that always I hear and feel your thinking. I always try to uphold you, not so much in your daily living—as I have said before, I cannot interfere with your living upon this planet, but what I try to do is to uphold and uplift you so that your thinking becomes of the *Spirit* rather than of the *physical*. This, my dear friends, I am beginning to see that each one of you is expanding, is growing, not in words of wisdom, not in knowledge of this work, but in your own individual *thinking*. This, in turn, rebounds to others who come within your pathways and in this way it should show you how much you have become messengers of Spirit. I ask, my dear friends, that as you retire, each to your own this night that great thanks be given for all love and knowledge which surrounds you. (*General thanks and farewells*)

~10th July 2000~

Before Salumet spoke, Sue had been describing her experiences visiting a 'direct voice' session in Reading, Berkshire.

Good evening. (General greetings)

I was pleased to wait just a little time in order for our dear friend to tell you with some excitement about her experiences of Spirit. It offers each one of you the opportunity to once more consider and think about the workings of those from our world. Although my dear friends you have no need of proof as such, you can see from what has been told to you this time how important it is that when physical happenings occur, great care is taken of our chosen instruments, because as you have heard my dear friend say to you, the stupidity of some can cause much danger and harm to those who are used by our world. It also should reiterate for you all how time is insignificant when it comes to work of Spirit, that many of your years are needed sometimes—not always—for instruments to reach the point of being used correctly. Think about it my dear friends, because it should show you that loyalty and dedication to this work will always be repaid, not only in the growth of each individual Spirit, but to many others who can benefit from such knowledge. Are there any questions you wish to put to me about what you have discussed? I am happy to answer them for you.

Sue: Yes please, I would like to ask a couple. At the end of the meeting when the medium was coming back from trance, we have always been very quiet here in our circle, allowing the medium to come through quietly, but in this instance it was very, very noisy in the room. It didn't seem to affect the medium at all. Were the people being insensitive and should they have been more quiet or was it something that really didn't matter to the medium herself?

Yes, I understand your question. There is a reason for quietness and stillness and peace. It would have enabled the medium to return more quickly if there had been greater sensitivity. But, of course, having reached the stage of development in being used in such a way, she would be fully protected by our world spiritually although, as you well know, physical damage can be done. But of course we do protect those who we work with. But I would say to you on the whole that whoever is in charge should keep a firm house. It is much better for the medium to return in quietness. I do not say complete silence, because of her experience, but I would suggest that they should at least refrain from too much noise. It is a *jar* not only to the Spirit body, but much more to the physical.

Sue: That's what I thought, thank you very much. It was understood on Saturday that the voices were using a mask. Would you have agreed with that, rather than a box, because the voices were coming from all

parts of the room we were sitting in and we were told that the Spirit isn't always happy using the mask because it is sometimes uncomfortable for them.

Can I just say this to you my dear friend? I have told you on previous occasions that the form of the mediumship was ever changing, that there would be many new forms of communication, particularly in the form of machinery which is available to you now. So, too, does the act of physical phenomenon change. The mask method that you mention has been around for quite some time of your earthly years, but any form of communication can be difficult for those as well as people in your world, difficult for those who wish to communicate. After all, *experience* is the most prominent word in all of these things. People become accustomed to many methods of communication. As you are quite well aware, communicators who use you, find it increasingly much easier, because of your *experience* and this is what will happen as time continues, that it becomes easier as each time this method is used. You know and understand communicators who have said to you '*what a small frame*' or '*what a large body*'. It is a little the same as that, except they are using what you call a *mask*. It is just the ectoplasm being used in a different way, that is all. Much and many changes are taking place within our world which should make communication much easier in time to come. I should tell you that physical phenomenon and what you call materialisation also can take place now with light, but this is something that is being worked upon. But, for as long as mankind can remember, in the new era of what you call spiritualism—and again I would debate titles—physical phenomenon has always occurred in *darkness*, but as in life, all things change and alter and become easier. Is this helpful to you?

Sue: Very much, thank you.

Lilian: So would the sitters of that evening, there would have been a lot of energy used from them for this phenomenon as well as from the medium?

Of course, the main form of ectoplasm is taken from the medium, but of course all peoples within the room would be giving of themselves. All that is available to us would be used.

George: I was thinking about materialisation in general and the purpose of it and I thought the purpose of materialisation would be communication, and then it occurred to me that the reverse process would be very useful and necessary for space travellers. Is that fair comment that materialisation would be mostly for communication with physical beings and dematerialization would be a necessity for space travel?

Yes, I understand your question. Dematerialization as you call it is an attribute of Spirit; it is something which you all are capable of. I do not pardon myself for repetition of my words, but each one of you as Spirit has the capability of much. Materialisation as you understand it is of course for communication, it is a form of communication which satisfies most of the senses available to human kind. In that I mean you see with the human eye, you smell, you touch and feel and you hear—all of your senses are satisfied, therefore there can be no *dispute*, may I say, of what is happening in that form of communication. But as we have been discussing, it takes many years of human life to develop mediumship for that type of work. Dematerialization happens in your world by those you know as *masters*—I use that word lightly, but it happens—but when you return home to Spirit, dematerialization of many things become quite normal, because of your greater expansion of understanding. Yes, I agree with you that many space travellers have used what you call dematerialization for their own good and their own benefit, but what is more important is that you know and understand that it is an attribute of Spirit. To you human beings who have lost much of your natural capabilities, dematerialization and materialisation seems to be an exception to the rule; it is not, it is just a matter of retraining yourselves if I may put it so bluntly.

George: It is documented in a number of older scriptures.

Yes, nothing is new my dear friend, this I have tried to teach you.

Lilian: I suppose it is what we call 'out-of-body experience', is it?

No, no, you are speaking of something entirely different. Dematerialization is another form of spiritual life. Out-of-body experience is just the freedom of Spirit from the physical body, that is all that means.

Mark: Is it an out-of-body experience when you—I have had dreams sometimes when I've been flying and it has felt as if my physical body was flying. I wonder if that was an out of body experience?

Yes, all of you have what we would call out-of-body experiences, because, after all, in your sleep state my dear friend each of you leaves the physical body behind for a short time in order that the Spirit be

rejuvenated if you like; but, to most people, this is not remembered. But when you speak of the physical body flying, remember my dear friend, that when you come home to Spirit you retain all the knowledge of your physical being. Although you are Spirit, you still feel like a physical being that is why you would feel as if the physical was flying. Is that helpful to you? (Yes, thank you.) Are you sure? (Yes.) It is the Spirit flying, but the awareness of the physical body, that is all. It is not the physical body which is flying, it is the Spirit.

Sarah: You said when you go back into Spirit dematerialization and materialisation is a natural thing, but if you are just Spirit and no longer in the physical life, what is it that materialises and dematerialises in Spirit? **It is just—if you wish to go further, it is the Power of Thought. If you need to have it simplified that is all it is, but for the use of the words that is how I have tried to explain it. Is that helpful?**

Sarah: Yes, thank you. When I was typing back the script from last week, I noticed you said, 'Have you all understood *our* speech?' which you gave us. It made me think, do you get help from others when you are teaching us or is it just your knowledge that you are imparting to us?

Yes, I understand, I have anticipated your question, thank you. If you remember when first I came to you I told you that I was a conglomerate of beings. (*Affirmations*) I am not given information one-to-one, as you would say on this Earth, but the knowledge which I bring to you is, how shall I say, knowledge that has been obtained by many over many, many years of your time. That is why I used the word '*our*' rather than '*I*', or '*me*', or '*mine*' or '*my*'. Remember that what I bring to you is knowledge from a *Source*, not a knowledge of one being. That is what you must always remember, that what I bring to you is knowledge gained by time and beings of great knowledge; but for the benefit of you here on this planet it would have to seem as if I am one being. Do you understand?

Sarah: Yes i do, thank you.

I feel for this time that I will leave you, as always with my love, with the hope that you have new thoughts to travel with you until we meet next time. So I say to you my dear friends, once more know that I am always with you. (*General thanks and farewells*)

~17th July 2000~

Good evening. (*General greetings*)

As I come to you this time I bring to each of you upliftment, for some are weighed down by earthly problems. I hope that before you leave this room those daily problems may seem a little lighter.

Lilian: I'm sure they will, thank you.

For the next few of my visits to you my dear friends, I, with your permission, will accept questions about many aspects of my teachings. I wish to do this with you in order that we may then go forward with some new information. Therefore, I would ask that each of you consider which part of the teachings you would like us to discuss with you. Then I feel it would be appropriate to continue with some further knowledge for you. So, do we have questions this time?

George: Yes, it was 11 years ago that I sat on the steps of a Mayan Sun Temple looking at the stars and contemplating the universe and its construction, and a message came to me from the collective consciousness or somewhere which said that this is all very well, you consider the universe as did Newton and Einstein, but the greatest thing in all the universe is *Love*, and it wasn't until your recent teaching about the creation, that I realised the full depth of that message. (Yes.) Thank you for that and I guess that is your way of teaching to increase the depth of understanding all the time.

I believe, my dear friend, that I have said to you that if we—those of us who come to help you—can reach but one human being, then our work has to be blessed. Yes, indeed, to have that knowledge come to you is indeed what we try to achieve. Of course, we could use spiritual powers to bombard each of you with the knowledge, but that would be fruitless. After all, each individual Spirit has to find the realization that emotion which each of you has in order that you can accept and fulfil the teaching of the universe which is indeed such a small word within your vocabulary, the word of course is *love*. If you have found that realization, my dear friend, then I can only say to you that you can only go forward. (Thank you.)

Lilian: Would I be right in thinking that the love in the physical sense as we know it, we really can't imagine what it is like at this time, it must be so much more.

Yes, you as human beings generally speak of emotional love, which mainly belongs to the physical. Spiritual love exists on a higher level. Of course that has to be, but that is not to say that you cannot experience spiritual love whilst in the physical garb. Of course you can and that is what my dear friend the gentleman has said, that his realization has now been reached. I could continue to say for many, many of your earthly years of what you should be striving towards, but ultimately that treasure belongs to you and it must be sought after. Do you understand? (Yes.) I cannot place before you that experience. Are you clear on this point my dear friends? (Yes.)

Sara: Is the compassion that we feel for others which enables us to feel spiritual love for all people?

Yes, compassion is a much better word to use in your world than the words *emotional love*. Emotional love begins with physical attraction, but compassion for mankind stems from spiritual love. Yes, you are correct.

Sara: And when we reach this state of being able to feel compassion for many, many people if not all people, is it that the heart chakra expands, is it felt in that way, very much in the heart?

I would say to you, if you have that awareness, yes that is what happens, but mainly most people are not even aware of that. It is part of the being that shines forth. You may speak of chakras if you like, after all, the Spirit body is *light*, therefore if any part of the Spirit grows and expands, therefore does the light shine more brightly. But, yes, you are correct. The struggle of course in recognizing compassion is the struggle against the physical living, when compassion can be forgotten all too easily. But, may I say to you kindly and to each one of you, that before you can expand compassion to any other being, you must first of all recognize it within yourself. Do you understand? (Yes.) To give compassion, you must accept compassion. Do you understand? (Yes.) Before you can give of yourself, you must recognize yourself. You understand?

Sara: So we see ourselves as equal?

Not equal, but you must recognize who and what you are, before you can give of yourselves, yes.

Lilian: Any more Sara?

Sara: I was just thinking about the last thing that Salumet said about recognising who and what you are. I'm wondering in what sense.

I know what you are saying. First and foremost you must recognize yourself as Spirit. Once that recognition is to the fore, then all *physical* aspects of your life become placed in the correct order. Your physical lives then become much easier for you, because you have recognized the Spirit. And, after all, when the physical garb has diminished then what exists but the Spirit, and the Spirit should know only love.

Sara: So when we live more to the dictate of our Spirit and we follow really what our Spirit tells us in terms of how we live each day, the difficult details that we sometimes struggle with are seen as very unimportant.

Very insignificant. They will find their place against spiritual knowledge, yes. If only human beings could know and understand that they create so many of their own problems, not only for themselves, but for those who surround them. Remember, what you give you receive. Those are simple words, but they are truth. Try always to remember, I have said but I will repeat, that each one of you, what you have in this lifetime is what *you* have achieved. Do you understand? Therefore, if your life is difficult, then look within to see what needs to be changed. I know this is a difficult concept for many to accept, but I do urge you to accept it and know that through that knowledge you *can* become much better human beings. If you find fault with another, then look for that fault within yourself.

Lilian: I'm sure we all do try—not easy sometimes.

But that, if I might add kindly, is a failing of the human being. That yes, you say, '*I will try*'—you may try for such a short period of your time and then it is all forgotten. With spiritual understanding, nothing is forgotten. So, I say to you once more, seek always, *strive* always to recognize that true self. That my dear friends is what you need to try to achieve.

Sarah: This is more of curiosity. A friend of mine is interested in spiritual work. She has been to see a medium this weekend—I have not talked to her since—who channels a race/people from space, not from

our world, called the '*Paladins*' I think she said. She said that when this world was created, they didn't allow us to become more intelligent than them, because they wanted to have control over us and now they need us to be able to progress. First of all, I don't know if this is right, but it did make me think that maybe we are not only here to help each other here, but also we have created this world to help others who are creating, which I am sure is right.

Yes, you are beginning to understand some of my teachings, for this I can see only good. Let me say again that as I have told you previously, there are many worlds within this great universe and many others who have beings upon them, beings with much greater knowledge than this very young planet Earth. Of course those beings have superior knowledge, but let me say only this to you, that there is a little misguidance in as much as that race did not have the upper hand over Earth beings. They may have thought they did, but they, as you do, answer to a much higher and divine power. All planets answer to a greater divinity; all is part of a greater plan. Therefore you are correct partly in your assumption that each planet exists for the good of every other. So I would say this to you my dear friend: The information that comes to these people are being given as truth, because that is the truth that the beings know and understand, in the same way as if contact were made with Earth beings, you can only give what you know and understand. What has to be remembered in all of these teachings from not only other planets but from greater sources, is that a true cosmic understanding is in place. So I say to you and your friend, accept what comes, but place it within the concepts of greater knowledge. Do you understand what i say to you?

Sarah: Yes I do, thank you.

You must always—I keep coming back to say to you, recognize yourself as spiritual beings, because within that realization lies the true understanding. People upon other planets may have more knowledge, but in fact they do not have more *knowledge* as such, they have more *understanding* of the knowledge. Remember, I have told you that within each one of you lies the potential for much spiritual, what you call, 'powers'. It is only that Earth beings are reluctant to recognize and use those powers which are inherent within them. Do you see how slowly everything congeals together? (Yes.) Has that helped with your understanding?

Sarah: Yes, thank you very much. When you begin to talk, I begin to remember things you have said.

Yes, always look to the wider scheme of life and to the wider truth. See all of these things with spiritual eyes and you will begin to understand them a little more. I know these subjects at times must seem alien to you, but in fact they are not. All knowledge lies within you. (Thank you.)

I would ask that before we meet next time, that each of you dwells upon anything we have spoken about and that you are not completely sure of, because I know there are many points that should be discussed. So before next time please, my dear friends, bring them before me and I will try to answer them simply and truthfully. (*Pause*) If you are all so satisfied, I will withdraw this time. I know you have much to think upon. I know that as you leave this room that each one of you will feel a little more uplifted. I will leave you and let us see this time what can be given to each one of you in your state of quietness. I ask, my dear friend (*Lilian*), that you ask each one what they are feeling this time. (*General thanks and farewells*)

~24th July 2000~

Good evening. (General greetings)

As we join together this time, *feel* the surge of *Love* which touches each one of you. My dear friends, do you have questions for me this time?

Mark: They talk about *body clocks* waking you up at the right time in the morning, but I wondered if sometimes you were given a nudge from Spirit to wake up at the right time if you had to get up very early at a different time from the usual. Sometimes I find I have only just woken up in time to catch a ferry or something very early in the morning and it seemed to be uncanny.

Why should this seem so, my dear friend, after all in your what you term 'dream state' you have the freedom of Spirit which is more knowledgeable and aware of your own physical body's requirements. You, of course, would give out the thought before retiring to your bed and that thought state would be known by your Spirit. That is why these things occur. It is not always a nudge as you say from another, but your own internal knowledge.

Mark: That is not a physical phenomena?

It is the Spirit that more expansive knowledge and would know what the thought and thinking would be.

Does this not make sense to you? (Affirmations)

Mark: Yes it does. The thing that I was slightly unsure of was we have been told that our physical time is not present in Spirit, so I wondered about whether it could be done—it was that part that I found a bit confusing.

Yes, remember that the physical being is only the result of the spiritual thinking. It is the Spirit that is all-knowing, which is wise and which can achieve many things for you. Therefore, *time* as you know means nothing to the Spirit and you know full well my dear friend that when the Spirit returns to our world in part of your sleep state time, the knowledge would be known and therefore when the Spirit rejoins the *physical* overcoat, *that* knowledge then becomes the reality. Do not always assume, my dear friend, that external influences are taking place. Remember that you have full control.

Mark: So the Spirit after it has gone into Spirit world, it just knows when to return to the physical being and then the physical being wakes up at that time.

Yes, it is simple, but you seem to make it more complex by your thinking. (Chuckles) Yes, I do not wish to confuse you, but yes you are speaking of the simple knowledge that the Spirit holds. You could if you so desired try these things on a regular basis and be aware of the thought that is being sent before you retire for your sleep state, and you will find that your Spirit will accept the thought and then create the reality. Is that helpful to you?

Mark: Yes it is, thank you.

Graham: I was reading through your teachings to last November when my wife was here and the discussion at the time was about loving thoughts towards those people who seem to, by their actions, hurt us. It was said that when you feel you cannot communicate by letter or by voice, perhaps the best way is to send loving thoughts. You replied that loving thoughts are always good and that no harm can ever come if you project loving thoughts. But you said something that I was hoping you would clarify: a warning that you must not interfere with the thought towards the other person and I wondered what that meant.

Yes, you my dear friend have been with us for only a short period of time. The basis of my teaching to all of you has been the Power of Thought. This teaching is on-going and we have returned to it on many occasions. The most powerful thing you possess is your thought. Thoughts are dealt with in many ways and we could spend this evening and many other evenings discussing this topic. What you are wishing to know I believe is that you must also be in full control of your thinking. It is easy to give out good thoughts, but you must be careful that there is no intrusion upon the thinking of another. Are you with me thus far?

Graham: No, could you explain that bit again please about the intrusion.

Each one has the responsibility for their own thinking. You understand? (Yes.) Those who wish harm, those who give out vibration of wrong thinking can do much damage to the Spirit. Therefore my instructions to you all has always been that those who wish you harm should always be given only loving thoughts from you. You understand that? (Yes.) Because, let me tell you, what you think will always return to you. But what you must also know and what you must also try to understand is that you cannot interfere in another's thinking. This is where the confusion lies is it not? (Yes.) Yes, because of the power of the thinking, you can with another human being have stronger thought vibration than theirs. There is variations in the power of thinking, therefore if you have the knowledge of sending thought, then you must also be careful that you do not interfere in the thinking of another. Is it clear to you now because you cannot interfere in another's life or another's thinking.

Graham: Yes, thank you very much, I was looking at it the wrong way round.

Yes, I feel you have become confused. Again to us it is a simple thing, but to you human beings all of these topics become confused and therefore rather complicated. What I have tried to teach all of you is

that with the power of your own thinking you can achieve all things, but in attaining that power of thinking, you must also realize the responsibility you hold towards the thinking towards another human being. That responsibility is a great one and one which you should think about and use wisely. I feel the gentleman needs to ask more.

Graham: I would like to think about what you said (**Yes.**) and, if I am not sure, I will ask again.

Yes I will always give you my dear friends many opportunities to clarify my words.

Graham: It takes a little while to get on board. I feel as if I am doing a bit of catching up at the moment. But it is very enjoyable and I have enjoyed reading your teachings.

Yes, I hope that the words as you read them more often, and after all that is the reason behind the written words and the spoken words, that all of you, my dear friends, can look back upon what I try to teach and if there is a problem, then I hope that you can come to me in all sincerity and love in order that my simple words can become even more clearer to you. Again, I do not wish to be seeming unkind but humankind have very short spans of memory. Again this is something that can be cultivated for your own good.

Sarah: I just wanted to follow on from what Mark said. When we go to sleep, does the Spirit automatically leave us or does it sometimes stay or is there any hard and fast rule or not?

No, the Spirit will return at some point in your sleep state to our world to be spiritually rejuvenated. It is entirely left to the Spirit body when this occurs. Some who have the equipment shall I say, to leave the body easily, like to leave it for most of the sleep state, but others will return to us without knowledge and without remembrance of that occurrence. There is no specific time or hard and fast rules for this.

Sarah: If the Spirit is not within the body and the body is woken suddenly, would the Spirit be aware that the body is going to be woken suddenly?

Yes, remember as I have said to our dear friend the gentleman, that Spirit has an expansion of knowledge which is not available to the physical. The Spirit is all-knowing, or rather all-knowing as far as the physical is concerned, not all-knowing in as much as all *knowledge*, but all-knowing for the particular time of that living of the physical being. You understand?

Sarah: Yes, thank you. My son was watching a television programme last night and it was about an American during the cold war trying to spy on the Russians. They tried to do it with telepathy with someone standing outside a building and trying to get information. Now not only could this American home in on this building that this person was standing in front of, but he could actually go inside the building. We were talking earlier about out-of-body experiences. Is this an out-of-body experience? How would he get the information from the inside of the building, when the other person was only standing outside the building?

Yes, again I return to *short memory*—we have in past time discussed this very thing. But yes there is and are a few human beings who have the capability of greater knowledge shall be say, but only from practise of using the Spirit rather than the physical. It is perhaps what you might term ‘mind power’. Again we have touched upon a subject which we have not fully entered into in any great degree, but we can do on another occasion if you so desire. Yes, if you would like to look back over my words rather than use time here and now, you will find my answer. But if you so desire, let me know and we will discuss this a little further. (Thank you.)

Lilian: I was talking to someone the other day about the Spirit leaving the body at the time of death. As I understood it, it was immediate as the body dies, so the Spirit leaves. She had the idea that it took three days of our time.

The Spirit leaves the physical body only when there is a severance of the cord. The Spirit can leave the body, which in your world can be said to be dead, but until that cord is broken, the Spirit remains close to the body and on some occasions this can take seconds, this may take minutes and even days. On most occasions I can tell you that when the time of what you call death, the Spirit is freed almost immediately, but again, you are both correct.

Lilian: You know that our old friend had two circles. It was in the other circle that this query came up. That is interesting.

Yes, remember my dear friends that you should never be so closed-minded that you cannot accept other viewpoints from other people, because there oftentimes includes many things from Spirit which are correct. So do not always assume that other people are wrong. If you have doubts, then please to ask questions of me. After all I am sure that each one of you here have heard many cases of someone who has been pronounced deceased, and returned to life. (Yes.) So, the physical pronouncement of death is not always the actual moment of severance of the cord. Is this clear to you? (Yes.)

Mark: Would it be partly the power of thought of the person?

Yes, not only the person, but the power of thought from those close by. And again we return to interfering thoughts. Do you now see some connection? (Affirmations)

Lilian: So if in a particular religion it was said that it would take three days, so the thoughts from the people surrounding the body, would that affect it?

They can but they pull back the Spirit and try to keep them, but when the time is right, there is nothing or no one who can stop that return home.

Sarah: So, if that is the case, if people are brought back to life as it were, is that not their time to go then, otherwise they would have gone?

Yes, it is as simple as that. It is lack of knowledge of you human beings in understanding the process of what you term 'dying', but nothing or no-one can hold you here when your time has come. No person, no thought, no healing, nothing at all will keep you upon this planet if it is truly your time to return home to us.

Lilian: Thank you. Last week we did a rescue through Sarah and she did find it quite difficult to shake off the effects of this rescue. Is there anything more we can do to help her or anything that she could do?

No, you have done all that you can. The lady you speak of will find that with a little more experience, that she can take more control of those who come to her. She must remember that these souls come under conditions of control, but we also need the control factor of her own mind. It will come with time, but let me reassure you my dear friends that there is nothing to be concerned about. It may take a little longer than you anticipated but always the lady will return free from any encumbrance or any left over feeling from those communicators. (Thank you.)

Well, my dear friends, as ever I hope you have been completely satisfied with my answers. I know as time continues these question and answer times will enable you to become a little more enlightened. That is our purpose, that is why we wish to help. There are many things to be achieved here, but again I reiterate to you that we must go slowly and it must show you I believe how many times I answer your questions over and over that that is the reason we must proceed slowly, in order that each point, each question that you have is fully answered and understood. Do you all agree? (Affirmations)

Mark: My baby, Robyn, quite often wakes up in the night and I was wondering whether she was asking her Spirit to wake herself up. Usually we just bring her into our bed, because we are too tired to wait for her to go to sleep and then put her back in the cot. I just wondered what the process was there?

Yes, I understand. Of course children in your world are to most people just babies who are here to learn, but of course you know and understand them as spiritual beings who have chosen to come, yes. But what you must also understand is that although they have chosen to come, these spirits in the small physical child's body are sometimes unhappy, because they still have remembrance of the spiritual life. There are some babies in your world who will be restless for quite some time of their young living. It may even continue with some for years, until the Spirit realizes that they have come here for the purpose they have chosen. So you see, it is slightly difference from what we have spoken of previously. It is a different subject altogether.

Mark: It's a kind of adjustment phase.

It is adjustment, it is a restlessness, it is in some children anger. That may sound strange to you, but the Spirit is angry that they have to be confined within these human confines. Can you understand?

(Affirmations) So I would continue with what you are doing and even if you can to speak with your thoughts to pacify and console the child—welcome the child to this world and offer your help to her. It can be done. So, it is something perhaps for you to think about this time. (Thank you.)

Lilian: Would that work in the case of my youngest grandson. He is definitely not into school at this moment. There were tears this morning—true his mother is not very well and I had to take him—but could it also help in this case with thoughts?

All thought must help. What you must not do is blame everything onto the spiritual being. Remember that each one has come to this world for the learning process and, as a child, they will behave as children. The condition within their own little living, can alter any child. Although the Spirit is always in control to some degree, the *physical* child must work within those conditions to which they have come. So, I would say that the child you speak of is making only adjustments to the conditions of living which are there in front of him. I would say to you this my dear friends, that be careful that you do not always make every action that is before you in your living—do not always assume that it is of a spiritual nature. Although you are Spirit, you are also a physical being with physical problems to overcome. Can you see what I am telling you?

Lilian: Yes I can, because he is happy enough until we get to the school gates.

Yes, it is a lesson for him to learn and overcome, that is all.

Sarah: You said that we may be surprised to hear that the Spirit was cross, was angry. If the Spirit knows all about the physical, why would the Spirit be angry, because the Spirit has chosen to come back and I know that it is confined to that, but it must know that it is being confined.

But no, it does not. Have I not told you my dear friend that all memories are erased, but in some children that memory remains. So that Spirit being within the child's body can remember the freedom and the love of the Spirit realms. So, therefore, although they have chosen to come, there is—perhaps anger is too strong a word for you—but there is unease, there is discomfort, there is a longing to return *home*. It a *longing* perhaps—forgive me for the misuse of the word.

Mark: But it can be physically expressed as anger.

Yes, it would be interpreted by the parents or whoever is associated with the child as an angry child, because it is expressing itself in the only way that it knows how. Is that clear to you? (Yes.) Always, this is the problem I find my dear friends to find appropriate physical words to describe to you feelings from Spirit.

Sarah: You do very well though.

Are there more questions or is there enough to think about? (Pause) May I suggest my dear friends that you think upon the words this time and take each one slowly. Perhaps to know and understand, quickly and quietly in your own time, and then, before we continue on more questions, you can return to those we have discussed if need be. I think that for this time my dear friends, I will withdraw. I will leave you in the hands of this dear lady. You can if you so desire discuss quietly between yourselves all those points we have discussed this time. I ask only that the words not be too loud in order that this instrument can return quietly. (General thanks and farewells)

~31st July 2000~

Good evening. (General greetings)

We are slower this time because my dear friends those who stand close by you have been working with each one of you this time. There is weariness amongst you and when you leave you should feel the substantial benefit from their help.

Lilian: Yes, I'd like to thank our Spirit friends for this.

Know that always they stand close by you. Now we will continue this time with more questions which I know you have for me.

George: Yes, you have told us much about past lives and there were some words that Jesus spoke: '*When you meet your past images which neither die nor are manifest, how will you bear it?*' That raises a further question perhaps and it is nice to read in the scriptures something which agrees so well with what you have told us, but is there likely to be any difficulty in meeting up with our previous images when we return to Spirit? Can you tell us something about that?

Yes of course, yes, the words were most apt at the time for understanding over continuance of life. You all know only too well that I have told you, when you return *home*, you yourselves will be the judge of all that has taken place—past, present and future. You understand that each one of those times is intertwined. Therefore when you come face-to-face, as you say, with past images, what is happening is that the vibration when you have returned *home* has quickened. Therefore you are able to assess not only past times, past existence, but you will be accountable for the life that has just gone. It is only a judgement within your own eyes, that is all. To simplify the whole issue, you come face-to-face with all that has existed within your own living.

George: Interesting. Perhaps this is another reason why we should not be judgmental in ourselves. It is not that you are faced physically as you would know it with past images, but the inner knowing comes to the surface and all, my dear friends, becomes accountable. *That* is why the words were chosen that it would be difficult, because many of you, when you return home, are shocked and upset and sometimes very pleased with what the Spirit has achieved. It is a coming to terms with the inner knowledge of your very being. Do you understand? Is that helpful to you?

George: Yes thank you, that clarifies rather nicely.

Mark: When I was working in the shop this week, a girl commented that she found Charlotte Church's voice very strange, because it was so well developed. I suggested that it might be evidence that she had worked in a previous life on her voice and had brought it into life and I wondered if you could say something about it. (*Charlotte was only 14 years old then*)

Yes, I will say only this to you my dear friend that *now you have begun your teachings*. Have I not told you that many opportunities would come to each one of you, that you would be emissaries of Spirit and this is only one instance of just that. You are, of course, quite correct in telling the lady that all experiences of past lives are always within the Spirit and many of you who reincarnate bring many of those gifts with you. Therefore, may I congratulate you my dear friend on your answer.

Lilian: It often puzzles me why some people seem very, very fond of animals—they don't mind what the animals do or get up to—and others really don't like them at all—I am talking more of the pets we have. Is there any explanation?

Let us say just this that when each one comes to your world they are prepared for many strange and unfortunate instances within their daily living. There could be a reason for dislike of animals. This is something which cannot be put clearly to you, because again there can be many different answers. It may well be that past times have shown no bond with animals and it is something that the individual needs to learn. Remember that your life upon this planet is a teaching time, a teaching time for love, not only to your fellow human being, not only to all that nature provides for you, but also to the animal kingdom. Those people who you have noticed have an aversion to these animals are lacking in spiritual love. It is just an aspect of Spirit that they will need to adjust and to learn, that is all. Does that help you? (Yes.) Remember of course that each one of you is on a different pathway, that each one of you will have different likes and dislikes according to the growth of your own individual Spirit. Do you understand?

Lilian: So we mustn't judge.

I would reiterate once more for you, do not judge another. I know always this lesson is difficult for your human beings, but it is an important one that you would do well to try to at least learn. *Do not judge*, not only others but yourselves. You cannot be the best judge of yourselves while you are clothed within the physical garb. So many times my dear friends have I told you this and so many times do you fall down upon this matter, but the more we speak of this, the more you will begin to understand. That is why it is important that we go over all the ground of the many things I have told you in order that it can become clearer within your thinking. Do you agree? (Affirmations)

George: Perhaps a confusing factor in our society is that we have what we call *constructive criticism* and *destructive criticism* and this leads to perhaps the idea that out and out judgement is bad we know, but sometimes a criticism can be constructive and directed towards making a situation better. Would you agree that there are degrees of judgement in this way?

I would agree that there are physical degrees of judgement, but let me hasten to add for whom is the constructive judgement meant?

George: I was thinking about society in general rather than individuals.

Yes, but what I wish you to know and understand is this: When you make a so-called ‘constructive judgement’, who is the best judge, you or the other being? In whose mind is it constructive? Do you see what I am trying to say? Be careful in thinking that your thoughts, your opinions are the correct ones, be careful that you are not in fact making judgement classed under the umbrella of constructive criticism. Can you see the difference? (Yes.) I understand what you are saying, but what I wish you know, is that be careful, who are you to judge what is constructive or destructive for another human being? Do you see? Is that helpful to you?

George: Yes, thank you for your words.

Always my dear friends I would say to you this: Before any thought goes from you, go inwards and see if that is truly how you feel, before you allow that thought to pass from you. Imagine yourselves in similar situations and perhaps your view would change. But it is difficult I know for you not to be critical, but even what you term ‘good judgement’ can in fact be an interference. You understand?

George: Yes, thank you. Could I just ask one about the stigmatic holy ones which is something which has come up before. I believe the teaching was that it was related to the power of thought. Would that be entirely the power of thought of the stigmatic one or would there be what I might describe as a Christ energy within the collective unconscious which also plays a part?

Yes you would be bringing upon the help of many others when those whose power of thought is so strong. Remember that I have told you that the power of thought becomes reality, but what also happens when the power of your thought is so strong is that those who are close to you and influenced by that thought can also collect in fact to help the situation be created.

George: Yes, thank you, I wondered about that.

Yes, there again is no clear cut answer, but remember that the power of thought is all powerful. Much can be created by thought alone.

George: Yes, that is always the primary factor.

Yes, but yes as you know there are many who are close to you and I have said that like is attracted to like. Therefore, those powerful thoughts would be attracting those from our world who have the same vibrational thoughts, which therefore creates a vibration which here becomes even more powerful. If you take the thought of one person within this room who used the power of thought, it would be strong, but the collective thought of *all* would create a much stronger thought vibration. We have spoken about collective thoughts in the process of healing the world and such things. If you think along those lines, it will perhaps become a little clearer to you, yes. Again I would say my dear friends, there are many avenues of thinking about thought—that is not a contradiction, it is an explanation of why the physical thinking is rather confused at times. Do you understand? (Yes.)

Lilian: When children are singing collectively at a school or whatever—I went to a concert recently where there were small children on the stage and there is an emotion within me and I wondered if that is a physical emotion or is it a spiritual one? Just looking at the children and feeling—I can't describe it, but I wondered was a human one or was it a spiritual feeling?

You must remember that most children are closer to our world, therefore a collection of children that you have mentioned would be giving forth light of Spirit which hitherto is lost to many adults in your world. Again it would be a remembering of Spirit. Do you remember we spoke of the babies who were distressed because the memory of Spirit was still so near to them. It is an awakening within oneself of the childhood of Spirit. That is why the emotions come to the fore. Of course it is a physical act, the feeling of tears, but it comes from within—the remembering, the vibrational light of children. The power of small children gathered together could be used for great things if only they could be channelled in the correct way, but that is something which people upon this planet so far are unaware of, but I can tell you, my dear friends, it is an avenue that is being travelled.

Lilian: I wondered if it was something to do with Spirit children being drawn to them, but obviously not, it is their own spiritual light.

Spirit children will always be around where there is a gathering of earthly children—of course, that is natural. That is why you feel that awakening of Spirit, because the power of the child light is so strong. Remember my friends, although you do not see Spirit, we are always round and about you. Those who come to help you, uplift you, those who have loved you are always close. So of course, why not with the

children? Do not be afraid of expressing the child within you, because each one of you my dear friends is child-like in Spirit. Do you understand? (Yes.)

George: Yes, the collective power of children, is this something that we see in a theatre situation when a group of children are enthusing about one thing and one can almost feel the atmosphere.

Yes, if only adults in this world would stay as children, this world would be a much better place to exist in. It is only that the children are closer to our world than the earthly, materialistic ways of the world. They are natural, are they not, small children? (Affirmations) They are free from prejudice and many of the earthly things which to you adults causes you so many concerns. Children, as collective power to be used for good, will come in time. It is something that within our world has been looked at, but it is difficult to change the thinking of earthly human beings after such a long time of really not respecting the love and power of children. It is a subject which we could, in another time, expand upon, but as I say it is an avenue being travelled down even as I speak. I know each one has experienced the love and the light which children bring to these groups when they return from our world. It is a natural light and vibration which is always with them. So, my dear friends, perhaps you will begin to look at children a little more differently from now on. They are beacons of knowledge.

Lilian: I wish I'd known that years ago! (Chuckle) Thank you.

I think for this time I will withdraw, allow you ponder my words, allow each one of you if you so desire to think about the Spirit within and the power of your own thinking. There will be no other communicators this time, but if you wish to spend the time quietly speaking or rather go within, I will leave it to your own good judgement. I will say only that until next time we meet, think carefully before you allow those thoughts to enter into the greater world. Think carefully my dear friends and come to know yourselves more closely. (General thanks and farewells)

~7th August 2000~

Good evening. (General greetings)

This time we will continue with more questions, but part of this evening there will come to you through the instrument, who sits next to this one a communicator who we hope you will find most interesting. I would say to you my dear friend, the lady across from us (Mary) is in need of a little healing help. I would ask that if you will, that you place your hand on her back some time during this evening. Now my dear friends shall we begin.

George: Recently, in an American hospital, an experiment was carried out. 50% of heart patients were prayed for and 50% were not prayed for and the ones who were prayed for fared statistically better than the other group. I think you will say that this is not the way to use prayer, but nevertheless it will no doubt prove the value of prayer to some people. Have you any comment on this?

Yes, if only one were helped even by earthly experiment, then I can only say to you, this is good. You, of course, may not be surprised by these results; it is just a pity that so many were excluded. Of course, again we return to the power of thought, which is indeed the beginning of prayer. We have discussed prayer to some degree in past times and each one of you I hope by now fully understands that your thoughts for another person are never disregarded. But of course collective prayer is a little more prayer is a little more powerful, shall we say to use your every day words. But the same effect is achieved by many of those within your world whom you call healers. Their prayers are sent to us so often for the safe and well-being of others. But prayer is there for each and every one to use. I did tell you, did I not, that many changes would happen within your world and these things are taking place as I speak to you. All within this planet are slowly, slowly becoming more spiritually aware.

George: Things are coming into the open and things are being reported in the media which is nice.

Yes, that is what is good, that a wider audience of people are now aware that these things can happen, that non-judgemental people have the opportunity to make up their own mind, that there is no dogmatic teachings which hold them back. This can only be good for mankind.

Lilian: Today on our television they reported that they have discovered some planets—10 or more of them—they said outside our galaxy, but I don't know what they mean, how far.

Yes, again I have told you that mankind has very limited vision when it comes to all of creation. Mankind upon this planet is so very young in understanding and awareness, but all of these happenings will come in time. But as I have told you always my dear friend, slowly, slowly all will come, yes, yes.

Lilian: Would this be one of the planets where the space people come from and form the corn circles and so on?

Let me just say this to you, that we have spoken of travellers from many areas of creation. Your scientists and your astronomers will discover much in time to come. That is because those from our world are there helping and inspiring in order that knowledge comes to them. It is not a new discovery—it has always been there. It is just that man's *awareness* has now reached a stage of understanding, that the instruments that they use have become much better and all this comes from our world, because of the influence that we exude. You understand?

Lilian: Yes, if only they knew, some of them.

But they are now they are beginning to discover and many old ideas have to be thought about much more carefully, because you see, horizons are again expanding. This will always be. For those in your world who seek more and more, it *shall* be given in whatever way in order that mankind finds himself again spiritually. It is a slow process we all know, but as more and more of you good people gather, gather in knowledge, then the expansion of that knowledge grows and grows and grows. Do you understand?

Lilian: Yes, thank you. Sarah?

Sarah: It was just an observation I made when I was typing back one of the scripts: Salumet said to try and be a little more child-like and I was thinking of some of the tribal people who, in my mind, seem to be quite childish and they always seem to be so happy and laughing and I was thinking that they are most probably more spiritual and have a greater understanding than we have in the West.

Yes. Remember that children have very few prejudices and if they have any at all, it has been taken from adults in your world. Children are pure in their thinking until such time they are taught or they see for themselves what this earthly world has on offer to them. They have much to cope with, your earthly children. It is not surprising that many grow into adulthood with many, many problems. But what I say to you all my dear friends is this: That if you can look at a child, see that gleam within the eye, that smile upon the face, that purity of heart, then strive for those things. That is what is meant when I say, try to be child-like. Search for the purity within you, because each one of you my dear friends is Pure Light, but it is clothed in the heaviness of physical garb with all the problems and troubles, which are within this planet, which weigh you down, which are burdens to your soul. It is up to each and every one of you to free yourselves. Again I say to you, we can help, we can uplift, we can encourage, we can inspire, but we *cannot live life for you*. When times are troubled, think of those words. Pick yourselves up, ask for help and it will be there for you.

George: And this is where the principle of detachment can be so important, I believe.

Yes, of course. You cannot bring to it any, how would you say, garbage, garbage? Is that the word you would use? You cannot hold on to this, you must be open, you must have no doubt that help is at hand for you. It is there, my dear friends, it is up to you to use it. If only you could but see those who stand close by you in times when each one is troubled, if only you could see the pain that they feel for you, because you do not ask for their help. Remember what I have taught you, they cannot interfere. Unless you ask for help, it will not be made available to you.

George: So the principle 'pain sharing' is with those who stand close. I have read about this in the Australian Aborigines where two people will endeavour to share each other's pain and relieve it in that way at a physical level.

Yes, on a physical level, but why not take it one step further; if they would but seek help from those of us from Spirit, the pain would disappear almost instantly. But yes, I do know and understand what you are saying and there are many people who can share this closeness, not only of pain but of love and understanding also.

George: Yes, I think we are becoming more aware of this.

Now, my dear friends, if you have no other questions this time, we will leave it there. Next time we meet, I will speak on another topic which I hope will be of interest to you, but we will have times when

we return to your questions in order that each one of you in your own individual time and way, will fully understand all that we bring to you. I leave you as ever with much love, with hope, with understanding that you may continue with your daily lives with a little more understanding and love. Know as always that I am with you. (General thanks and farewells)

The expected quest soon followed through Sue:

(General greetings)

I am unsure how long I can be with you. This is a very, very heavy atmosphere. I have come with a specific purpose and I shall endeavour to tell you before the power is completely taken up. I tell you I am more than one. I am a part of each one of you here. You all know from past teachings that you are not one soul.

Lilian: Yes, we have been told this. It is difficult for us to understand but we accept what we are told. *I thank you for accepting this knowledge, it may help you to understand a little when I say to you that as this voice speaks to you now, it is made up of a facet of each one of your souls, yours dear lady and everyone in this room. The instrument being used is filled with a part of each one of you here, a part of each one of you that has never walked your physical plane ever in eternity. And it is part of your soul which has chosen to be—how can it be put for you to understand—each part has chosen to be a fragment of spiritual light. Can you comprehend that? I have no other words to give you that you could comprehend. I will be very, very surprised if your acceptance came immediately, but it was felt that to broaden your spiritual knowledge, we could give you this small thing to ponder upon to help you to grow and to question. I feel from each one you concern, no, not concern nor disbelief but awe.*

Mary: Intrigue?

Yes, 'intrigue,' a word I am not particularly familiar with. But then I have not been down to your plane and, as I have said, I am not 'I', nor am I 'we', I am a conglomerate of you all and let me say to you, that each part of each one of you here is stretching out to their own and are trying to bridge a gap with silver light, trying to reach those they belong to. Can I ask you please to send love to your own soul particle, which has entered this instrument here. Try and feel yourselves in this room. I know you are confused, but I ask you to say, do you accept what has been said, even though you need to question it, even though it seems perhaps an impossibility—will you accept each one of you, that a part of your soul is with you here now? (Affirmations) Your individual facets of soul, which have been here this time have come through much heavy, heavy atmosphere to be here. But know in your hearts that they have come willingly to give you spiritual help and love, but find it difficult now to remain with this one, so if you will forgive, we can stay no longer.

Lilian: We are most grateful. Thank you very, very much.

I am sure that you will have much questioning and I have to tell you that the Master who teaches you will help you with your concerns next time, but do not dwell it to the detriment of other teachings. You have said you accept, please continue with that thought and things may become clearer as time goes on, but the Master will help you with any real difficulties over understanding. It is not possible to continue now, but each one who is with this instrument sends out the greatest love of mankind to their own and hope that each one can sense that love.

Lilian: I'm sure we all can. I know I can. (General thanks and farewells)

~14th August 2000~

Good evening. (General greetings)

Thank you, my dear friends, for the love that is extended towards me this time. I would like to discuss this time a topic we have touched upon, but which I feel you are now able to digest in a little more detail. Firstly, let me put a question to you my dear friends: What is your perception of light and darkness? Does anyone have a response please?

Graham: I think of light as a place with energy and darkness as a place with very little energy.

You would all agree on those words?

Sarah: Not quite. I would say that light is the energy that *you* are giving out, your energy, rather than a place with energy. Your energy or your lack of energy making the light.

So you see light and darkness as degrees of energy? (Yes.) Yes.

George: We have our physical expression of light being a vibration (**Yes.**) and darkness being absence of vibration but I think this stems well beyond the physical. There are vibrations that the physical world doesn't know about.

Would you see darkness as being without vibration, is that what you tell me?

George: I think that is our physical way of looking at things. (**Yes.**)

Sarah: Could it be with and without love as well? (**Yes.**)

Mary: Could it be knowledge and ignorance?

Yes. Let me say this to you my dear friends. Your responses here this time are what I would have expected from you. But let me say this to you, that each one of you have not yet reached the awareness of the picture of existence which contains light and darkness. Many expressions are used within your world. You say '*angels of light*' and '*angels of darkness*', or you use the terms '*good*' and '*evil*'. Let me tell you this my dear friends: Light and darkness are but reflections of the same vibration. That is not contradictory, but it is life itself, it belongs to the scheme of life. I hesitate here because I want you to absorb those words. Light and darkness co-exist, because they belong to the plan of all existence. After all, can you not see that perhaps the darkness—and we will use those words in order that your understanding is there—light and darkness—we will hold those words—without the darkness, which you feel to be destructive, yes? Am I right in that assumption, that you mainly feel darkness to be destructive? (Yes.) What if I say to you my dear friends that clearing out, destroying, is sometimes the forerunner for rebuilding and recreation. Would you then view it in the same way? (No.) No, then you understand that the vibration of darkness is necessary. The light and the darkness in your world needs to be finely balanced. We have spoken that darkness always seeks the light and that is because balance is necessary.

Sarah: So does light seek the darkness too?

Of course; if one is a reflection of the other, you must have the balance. I want you my dear friends to now consider that the Spirit beings of darkness from our world are in fact a necessity for the ongoing of this planet as in the universe. After all, without the lightness of your sun, would not this planet be complete darkness? (Yes.) You need both. Are you beginning to see where I am leading you to? I want you rethink those thoughts that you have maintained and upheld for so long. You could call darkness I suppose within your own world '*nature*', when you consider what you term '*catastrophes*', when, in fact, the Spirits of Darkness are recreating new form. Do you understand? If you do not, we will stop here and discuss it further.

Lilian: The spirits of darkness, that is their job?

Let me tell you, yes. Angels of light and darkness are not far from reality. They are phrases that have been used in past times for the understanding of those at specific moments in your evolution. Light and darkness is definitely needed for the evolution of not only this planet, but of the whole of the cosmos, the whole creation of life. After all, without darkness, how do you know there is light? Do you have questions at this time? (Pause) You all have absorbed my words so easily! (Laughter)

Graham: I am a Geologist and I take an interest in the science of geology and now geologists are beginning to unravel some of the things that have been important in the evolution of our planet; (**Yes.**) the death of the dinosaurs and how the death of the dinosaurs enabled other species and animals to progress forward and evolve. (**Yes.**) If this hadn't have happened and the dinosaurs had still been around, then perhaps we ourselves would never have had a chance to evolve. This understanding is there and is going on.

Yes, the mysteries of your earthly living will gradually come to the forefront of the many minds in this world who seek knowledge; you are correct. But you see, to us there is not light and darkness as mankind has given it credit for—you see lightness and darkness as opposites when in fact they belong to the same creation. This is the point I wish you to think about this time, that you *find* the connection between light and darkness and do not view them as opposites. When you come to our world the only difference is that the awareness of light and darkness shows you that this blending is quite natural and should not be rated in the way that humans try to do. It comes from a lack of knowledge and, as the

gentleman has said, many of life's mysteries upon this planet—and not only this planet, but others—have come to the surface of thinking and that has been mainly through the influence of those from our world.

Sarah: Salumet, when we come over to your side, here we have light and dark, because we have the sun that gives us light and dark—we have dark moments and lighter moments, but the actual physical light and dark—so when we come over to spirit world, I am slightly confused, how do we get the light and the dark? Yes, you are confused my dear friend, because again you are speaking of *physical* lightness and darkness which is entirely different. I speak of the very essence of life, the lightness and darkness which is the very structure of all living things. Take a flower within your garden. You see it decompose and you see it spring to life. You could say that the elements of darkness has destroyed that beautiful thing, but the beautiful lightness of spirit reinforces and uplifts and recreates that beautiful flower once more. It is a working between lightness and darkness that creates the evolution of all planets. Do not confuse it with *physical* light and darkness, that is something entirely different. Think about it my dear friend and the understanding will come to you. Always I have to remind you gently my dear friends that your *physical* thinking interferes with what should come from within. Always try to *feel* and *think* on a spiritual level and the understanding will be greater. Mankind tries too hard to find answers for *physical* happenings, when if only he would go inwards, those answers would become so clear. But that is the pitfall of having human brains. I do not say that to be derogative to mankind, because that is part of the purpose of your growing, but you understand what I try to tell you.

Lilian: So spiritually each of us is a little of both, a little of dark and a little of light.

You strive to find a balance, that is human living. Of course you will have many falls, that is why we from our world, help to uplift you, help you in life all that we can, but ultimately the spirit has this job of work entirely on its own. You are solely responsible for how life follows (*flows?*) this time and many, many other lifetimes you take full responsibility for all that you think, feel and do. Do you understand?

(Affirmations) I do not intend to go any further this time, because the words have given to you is food enough for you to consider.

George: Your analogy of the flower—it made me think of the religions of past times based on the spring time festival of renewal, when re-growth would begin through the summer months until the autumn comes and then the period of more darkness through the winter. Most populations are rather integrated to this idea in early times.

Yes, there are many ideas on all of these things, when in fact the answer is so simple. It may help you my dear friends to move away from the words of light and darkness, but to see them as one energy who is creating for you, life that you can lead to the very best of your capabilities, as all existence is in need of both energies to exist.

Mark: So it would be a bit pointless to try to distinguish between the two really?

It would be easier I feel for you if you could dismiss trying to create opposition between these two vibrations, but as you know, when ideas are formed, that it is difficult to dismiss once they have been created in the thinking. As we have said, the thought becomes reality. The reality reaches out into words and actions and mankind finds it difficult then to retrace that thinking. That is why I feel this time that these few words should suffice in order that you can think more deeply upon my words.

Paul: Some night animals might think it's the reverse, like a moth might see better at night, so night is like light to a night bird or a moth and they might see daylight as darkness.

As I have said my dear friend, yes, it is the *awareness* which creates the thought, yes. That is all the difference between mankind and those in our world, that because of their heightened spiritual awareness, it is viewed in a much different way, because you can see the wider scheme of life a little more clearly. But, yes, that is a good point that you have made. It is your *perception* of what you see.

Sarah: And also, us humans are looking for the opposite light in other humans, aren't we?

Yes, always you seek something really which does not exist. You have created opposites when you should in fact be seeing the greater good of all of these things. Remember that opposites need each other in order to become totally balanced. Remember balance, that is perhaps a fine word for us to ponder upon—balance, finely tuned. After all, that is what you are seeking my dear friends, is the balance between the human form and Spirit. When that finely tuned balance is achieved, then you could

say that all aspects of your life upon this planet would be supreme. You understand? (Affirmations) Are you sure?

Sarah: I thought you were going to say that when you have got a fine balance then it would be time for you to go back into Spirit, because you have achieved what you have come to do, but that is not the case. **You will never, you will never achieve that upon this planet. It would take many aeons of time to even achieve a great deal of balance; that is something we can discuss another time. There are measurements of balance, but I do not wish to confuse the issue this time. Have you more questions for me or are you all happy to think upon my words? (Pause)**

Lilian: I need to think about it. (Affirmations)

I hope I have brought to you some little more for you to discuss to think upon inwardly in your quiet moments. I hope that between us we can achieve a little more information, which will help you all, my dear friends, to go forward in your spiritual growth. Therefore, if you are content, I will leave you this time.

Mark: The Yin-Yang symbol demonstrates this very clearly what you are saying. (Yes.) I wondered where that came from. Did that come from Spirit?

Yes, all the expressions within you world have been given or they have originated from different peoples at the time when they were ready to listen, but as you know, human beings are rather set in their ways of thinking so, each set of people have created in their own time their own description of light and darkness; that is all, it is as simple as that. Call it light-darkness, yin-yang, good-evil, whatever you would wish. What I am trying to achieve for you is for you to see on our way of thinking, that you should not have the word *opposite* in between these two things, because they belong together. They are not separate, but one reflection of the other; that is what you must try to remember. It is not destructive but creative. If you think along those lines, it will make your thinking easier.

Lilian: So when we talk about the dark regions in Spirit, where some put themselves shall I say, even that is not destructive?

No, because out of destruction comes light. The light will always seek to balance the darkness and the darkness always seeks the light, so can you see that each needs the other? (Affirmations) You have to think deeply my dear friends—this is not as simple as it may sound.

George: I think we must accept light and dark in their spiritual form (Yes.) and forget our light and dark physical expressions because they are not the same.

Yes, you must erase the preconceived ideas which have been created in your world about light and darkness. Again we have difficulty because of the use of words. They are but two vibrations which need each other for all of life to function. I hope it has helped you. I hope my dear friends, that when we meet again these words will have reached that point within you, when you can say, 'Yes, I understand a little more.'

I will withdraw from you this time leaving you all with my words, with my love, with peace and upliftment and I ask each one of you that you continue to offer yourself to that Divine Goodness, which all of you are part of. (General thanks and farewells)

~21st August 2000~

Good evening. (General greetings)

My arrival this time has been delayed, because it was felt that most within this room were in need of some peace and some quietness of mind. I hope that those people may leave this time, feeling spiritually renewed and with the knowledge that those close to them are aware of their needs. Because of this delay, we, my dear friends, will have some questions, rather than I embark upon knew knowledge for you. Therefore if anyone has questions this time, let me now answer them for you.

Sue: Thank you, I have one. I don't know if you are aware that myself and the lady you are using now, went to a 'Direct Voice' circle, a couple of days ago and saw some absolutely amazing phenomena. I just wondered whether you could comment on it, how difficult it is on your side for this to take place and how difficult it is for people on our side to learn, if you like, how to cope with it?

Yes, we are not unaware shall I say. The opportunity has been put forward for you, not because it is necessary for you to experience phenomenon such as you have had, but to enable you, as two people who have given much of their time, to see what is possible and what they too can achieve, given that they are willing to offer themselves in service to this work. There will come to you my dear friend, other opportunities for new experiences in time to come. We know that not only within this room, but in another place that many, *many* of your years have been given, in the hope of some *physical* phenomena. Let me say this to you: There are always difficulties no matter what form communication takes. Whether it be clairvoyance, clairaudience—whatever and I have told you that many new forms of communication will take place. But the phenomenon you speak of, is one which from our world has always been available, but we have to have the dedication and the medium who is willing to be used in such a way, because remember that the medium used has no knowledge of what is *happening*. So firstly, my dear friend, let me say this to you: It is not so much *training*, as you have asked, but in the giving of oneself to us. We will do the training. Do you understand?

Sue: Yes I do.

For that type of evidence you must have people who are unselfish, who have given to us of themselves, without wish for any egotism. That, I would say, is the main ingredient of development of that type. You understand?

Sue: Yes I do.

I know my dear friends, that phenomenon of this type, is wonderful in the human eye. It gives credence to our world that so many people crave to see such things. But again, I stress, it is not necessary for people such as yourselves, because you have what you need to develop in your own way, and each one of you are indeed individual in your service to our world. There is much to come to you within this room. You know I do not come to tell you what is to happen; that has never been my purpose. My purpose is to teach and to enlighten each one who is willing to listen. But I will say, my dear friends, that if you continue to travel along the road of development that you have been travelling, you will be rewarded—*you will be rewarded*. Remember, I have said that communication is a two-way process. Without you, we could not communicate. Without us, there would be no communication. Therefore each is essential for the other. Many developments have taken place from our side of life, in order that mankind was willing to give of their time, was willing to accept our words. Mankind must understand that communication is the very essence of truth, if mankind is to begin to understand what all these things are about. Unselfish service, I would say, is what you should try to achieve, and my dear friends, I can tell you without this unselfishness, I myself would not be communicating with you. Therefore take credit for what you *are* and what you *have been* and what you *will be*.

Lilian: Thank you for those kind words. Could I ask a question? (*Of course.*) It's for the gentleman sitting next to me, who has a health problem. I know you don't come to sort our health problems out, but is there any word you could say that might help him?

Yes. I will say this to the gentleman: We are aware that he has not joined you for much of your time, we were aware of his coming and as you know, *all* is known within our world. I would say that all steps taken can only be of good, when it comes to spiritual intervention. What the gentleman must begin to realise is that he must go inwards, he must look to his true self, to know and understand what the problem is. I would suggest—and you know I do not give advice normally, I would suggest this gentleman would be a case for what you would term, '*Spiritual Regression*'. He would find this most helpful and can I say that although those in your world who do much good, much healing, he has not at this time found the right person. I will say no more than this, because I do not want to interfere in ones life's path. But I ask him to think upon my words and he will be guided.

Lilian: Thank you very much.

George: Mankind over the years, or in the past has had communication with other beings and I think in our literature we have given them names, such as angels and archangels. Would that be an accurate statement?

Yes. You know that I am not fond of names, but yes, I would say to you my dear friends, that those descriptions are apt enough for mankind to use. There are indeed, what you term angels and archangels, but probably not in the same way as you would think. I can tell you that true angels have never lived upon any planet. They are supreme beings, and because of this, it gives an aura of lightness, which creates in mankind's eyes, the look of an angel as you visualise them. Are you following me?

George: Yes I think so.

What would be your question upon this matter?

George: Yes. I just think it is nice to look back in our literature and observe that there has been communication with non-physical beings, (**Yes.**) and mankind in the past has given names to these, perhaps unsatisfactory names.

Yes. I can tell you, my dear friend, that this part of what you call literature is indeed correct. This is a topic that we have not touched upon, but is a subject for a future time.

George: Thank you for your confirmation on that.

But let me tell you there are such beings in our world. They have never been 'mortalised,' shall we say, on any planet, because they are supreme beings. But they do come to many planets, in the form of help, and many people have become aware of them in your world, and as you have stated, have given them names, to which I might add, they are pleased to respond to. And if perhaps I could give one more piece of knowledge to the last gentleman, let him call on the one known to you, I am sure, on the one known to you as *Gabrielle*. If he will but call upon him, he will help. But we will touch upon these beings at a future time.

George: Thank you for confirming some of our records on that topic.

Lilian: I feel I want to ask, do they have wings?

You know the answer to that. (Laughter) Do we have more questions?

Mark: You've said that these supreme beings, they appear as light to us. I wondered if that was always the case with supreme beings?

In what way?

Mark: Well we were talking about light and dark last week and how we were to see them as continuous or not separate anyway. But if a supreme being always appears as light...

I have not said that any supreme being appears only as light. Have I said those words? (No.) Thank you, I am not understanding you correctly then.

Mark: No, I thought these supreme beings that we were talking about, these archangels appeared as light and I was curious to know if this is how supreme beings generally appear?

Yes, well until we discuss them, I do not feel your understanding would be great enough just at this moment in time. But yes, I am beginning to see where you are going. We will discuss it more fully. But are you confused by the topic of light and darkness?

Mark: I wouldn't say confused, but I think I've got to think about it more.

Yes, I think you have. I think that you need to go over my words last time. You need to digest until the knowledge becomes more acceptable to you. It is a new concept of thinking I feel, for each one of you, what we discussed last time. I do not expect any of you to fully understand what I told you, without some questions. But when you speak of supreme light and supreme beings, we have touched upon a topic which is far in advance to what we have spoken of. Do you understand? (Affirmations)

Paul: Could I just ask one question about the dark and the light? As I understood it, they are one and the balance is the thing to aim for, so that presumably if a being had too much light, that would be a problem, an imbalance, just as someone who is too dark would be imbalanced as well. Is that right?

Yes, thank you for your question. May I suggest that you take yourself away from the thinking of persons. Light and darkness are vibrations. One reflects the other and the balance would come automatically, because each would seek the other to keep that balance. There cannot be imbalance in the universal laws. That would not be right, do you not agree? (Yes.) Therefore light and darkness always seek each other. Is that helpful?

Paul: Yes, it happens naturally.

Yes because the darkness would always seek the balance of the light.

George: I think it helps me to see it in reference to a great painter called Rembrandt, whose speciality was to work with light and dark and achieve balance in his paintings. Of course without both, there would be no painting.

Of course. Look at all of life upon this planet. You always have the balance. That is why when first I came, when you found it difficult when I said that those who seek to—how do you say—abuse young children. If you can look at it from light and darkness, it is the darkness seeking the light. Always the Spirit will seek the balance. If you can put aside the human form and the human thinking, then all can become clear. It is a difficult subject, and not one that I would expect you to fully understand for some time to come. But I would wish that you keep it in your thoughts, until such time as it becomes clear to you. But yes my dear friend, that is a good analogy, that to bring the whole together, you need the balance of both.

Lilian: Yes we'll give it some more thought. Any more questions?

George: I have a very brief one, to which the answer is probably no. I have read that in regard to physical happenings in séance, a red light is a help. Is there any substance to this idea, or is the lighting quite irrelevant?

Let me say this: For those who are on the first steps of this development, it is something that has been suggested from our world, to help in the vibrations necessary for those who are within that group. But of course as you are well aware, there has been phenomenon in light. But these are exceptional mediums, who have been born and who have been chosen to do this type of work. They have been chosen and are fully protected by our world. But I would say that it is essential in the first degree of development.

Lilian: So what's the answer, say when someone's lost a partner or a child or whatever—I say 'lost' —they have gone back to spirit. Sometimes a person left on this Earth in a sleep state, just before they go to sleep or when they wake up, actually sees the person who has passed into Spirit, say at the bottom of their bed, or wherever. How does that work? Is it thought again?

No, not always. Again there are no straight answers. They can be seen clairvoyantly by one person and not always those in a room. But as you say, in sleep-state your consciousness is raised to such a degree, that you are more *aware*, you are more able to see with the Spirit eyes. Sometimes that is when these things will occur. It is a different matter from what the gentleman was speaking of. We are taking from the medium within those conditions, much of her own body energy, as well as spiritual energy. We are speaking on an entirely different subject here. You all know and understand of course, that when you enter the sleep-state, that the Spirit is free to remove itself from the physical body, and in the sleep-state, it is possible to see, to do and to achieve much. And remember, those loved ones who have passed over to our world, for some time after their removal from the physical being, are still very close to your world. So you see, the raising of the consciousness, of the one who remains and the closeness of the departed, are but a blink away. Do you understand? (*Affirmations*) I hope that has helped your understanding. Again, my dear friends, I hope my words have brought you comfort and knowledge and understanding, this time. (*affirmations and thanks*)

Next time we meet, we will embark upon something that is new to you and that I hope you may find of interest. I leave you in the knowledge that each one of you is surrounded by that great *Love*. And until such time as we come together, I ask that your thoughts be directed not only to those that you know and love, but to those many souls in your world, who are lost, not only in your world, but in ours.

(General thanks and farewells)

Good evening. (General greetings)

This time, although we are small in numbers, we are great in Spirit. Because my dear friends we are few in numbers this time, we will not embark upon new knowledge this time. But what I would like to say to you all, is still something that I would hope you, each one of you, consider when you leave this room.

Often my dear friends, we have spoken of other beings who have interested you and who you believe to inhabit other planets; this we have discussed on numerous occasions. But my dear friends, what I would like you to consider this time, is a little closer to your own world. We have spoken of *Nature Spirits* I know, but how many of you know and understand, how many other beings inhabit this planet? Would anyone wish to comment, or shall I continue?

George: Could I just query, when you say other beings, is that other beings in Spirit?

In different form from the human being. All comes from Spirit. How many people in your world, have dismissed the creatures of the Earth? The water? The air? The fire? What I wish to say to you dear friends, are you of the opinion, that all these beings are only figments of imagination, or do you so believe that there is more than what you can visibly see? We are not speaking of spiritual beings, but different elements of beings. This is something we will discuss fully, when the other members are present, because I feel the time is right, now, for your understanding to grow, about your own planet. Who here would dismiss the fairies in the woodland? Who here would dismiss all those beings who help your nature? Who here would dismiss the fire elements? So many beings who inhabit this world with you. **Would anyone now like to comment please?**

Paul: I was just thinking when you're in a place that's quite wild, like a wilderness, you *feel* there's a freshness and an energy around you, more than perhaps when you're in a city or something, (Yes.) as if the Nature Spirits are present.

Yes, so you do not dismiss these creatures?

Paul: No, I think there is never any gap with *nothing*. Everything is *full*, (Yes.) full with beings and Spirits. Yes, it gladdens my heart to hear you say such words my dear friend. This subject has been much maligned in your world. I intend to go more fully into this subject, as I have said. But what I wish you to do, my dear friends, this time, is to take these few simple words that I have given you and to think about them carefully, because when we return to the subject—I will not expect, that is the wrong word, but I *hope* that you have come to some conclusions, about the beings within your world; beings not visible to you, but who belong to a different energy pattern than yourselves. Because until you have these visions, you are not fully aware of what your planet is about. It is time, my dear friends, for your awareness and your vision to expand, for that inner vision to become clearer, because you see my dear friends, there is so much help available to you, from all these beings. **Do we have more comments about this please?**

George: Yes, I think again this is something that people of our past on this planet, have been more aware of, in times when life was less material and less complicated. I think those of our past, have had a greater awareness of these Spirits of Nature.

Yes, but it is not only materialism that has closed mankind's eyes, but his fear and his own thinking, which have closed down his visions of these beings, who after all, are part of the whole existence of your planet. They are of importance to all of your existence, because without their help, life for humankind, could not continue. I do not want to say too much without the others being present, but I want you just to realise and think about what we have within this world, which most of you at this present time, are so unaware of; so blind that all of that help cannot be appreciated, that your love cannot go to all these beings, who work so hard on your behalf. Do you understand my friends? (general agreement) I know I am speaking about a subject as I have said, that has been scorned, that most people will dismiss as delusion. But let me tell you that those people are the deluded ones. So my dear friends, take these thoughts with you this time and think not only of Nature Spirits, which we have discussed in part, but see what else you can come up with. Think carefully, but more than think, *feel*.

George: Yes, I would have thought that our celebration of our Springtime renewal, as it happened thousands of years ago, from the little bits that we do know of, it must have been quite a spiritual occasion, the Springtime renewal.

I understand what you are saying my dear friend, but why only Springtime? All of existence is constant renewal, renewal that is worked for, renewal that is given in love, renewal that is governed by that

cosmic Love. Nothing within this planet remains ungoverned by that love. Therefore try not, my dear friend, to section only one part of living, because all of your existence is spiritual love, you understand?

George: Yes, thank you.

I do think you will find our discussion, when we have full numbers, to be of interest. It will give you more to think about. It will, I hope, open up those spiritual eyes, because it is the Spirit that needs to see. The physical eyes can see, but only if governed by Spirit, you understand?

Lilian: So it would be possible for some people to actually see these beings?

Of course, but only those spiritually aware that will see. But it is possible to see, of course, with the physical eye. But the main attribute is to offer that *unconditional* love to these many creatures. Their task on this planet is of utmost importance. And although many of these beings do not have the same opportunity of advancement as you human beings, their contribution to life is such, that they cannot be dismissed. Do you understand please? (*Affirmations*)

Paul: I think it connects to the work that goes on in places like Findhorn, where I think they work with these entities a bit more and there is more of a loving relationship going on, so that their vegetables grow bigger.

I would say yes, that is one aspect of what we will discuss and to take that example, is yes indeed a fine one. After all, I suppose it is known to all of you here, how that race known to you as Indians, **Red Indians**, how they communicated with these beings, who enabled their harvests to be rich and plentiful. Yes, so my dear gentleman, you have touched upon one source of what we will discuss. But there are many, many beings who will come together to work together with you, provided, and again I will say it, **provided** they can feel your *unconditional love*, they will work with you and for the betterment of your living.

Lilian: Does it sadden them sometimes, the different things which are done to nature, the trees and the pesticides and so on?

Of course and without going into too much detail, which is not my intention this time, I will tell you that yes, they have *feelings* perhaps, if I could use that word and they will react to anger and violence and all those negative feelings, that humankind is so prone to. Yes, of course.

Lilian: It certainly makes us see things much differently.

That is my intention, but I do feel that it is a topic that needs to be explored now, by each one in this group, not only a few of you. Therefore my dear friends, take my words with you, think about them carefully and perhaps you will be a little more enlightened by your own thought processes, before we come together again. I know it seems to leave you with half a thought, but that was my intention, because now you will have to work harder, to try to understand what I wish to tell you. So do not feel disappointed, that I have given you so little this time, because you will find that in opening your hearts and minds, that you could be influenced in the way of thinking, which I am trying to encourage. So I leave it with you, my dear friends, and we will discuss this a lot more fully, more deeply and I hope that by the end of our discussion, each one will be a lot more enlightened. Now, before I leave you this time, I wish to say to the lady who is leading you, that we would like to use you this evening, if you are willing, use you in a guided meditation. Please just allow yourself to relax and let those come close to you, who are standing nearby.

Lilian: Yes I'll try.

That is all we ask. You can do no more than that.

Lilian: Thank you once again.

My love as always stays with you. (General thanks and farewells)

Lilian gave each sitter a flower, following her meditation. There then followed a rescue through Eileen, involving a 7 year old child, who was looking for his dog. A nurse (Eunice) came with a lovely puppy and he was helped over, on his journey back to Spirit.

~4th September 2000~

Good evening. (General greetings)

Your welcome this time is very strong. For this I thank you and say it is good to join with you once more. I do hope that those of you who were here last time thought just a little about what we discussed. Yes. For those of you who were absent, I would like this time to discuss with you about the existence of what we would call non-human *beings*. You understand I hope, those who were not present last time.

(Affirmations) Let me firstly say to you my dear friends this: There is much within your world which has been discredited by many and for this reason I feel now is the time to tell you, with the understanding that you have gained so far, that it is time to put right many of these wrongs in your world. Most of you will be aware of what you would term, I believe, '*fairy tales*'. Every country within your world has its own tales to tell. These have existed for many, many thousands of earthly years, but always it has been dismissed by most peoples as fanciful imagination. Let me tell you here and now my dear friends that these tales are based on truth. Thus far it has only been available to those who have clear vision and even those who believe in an afterlife in whatever form, have dismissed these tales as imagination. Let me tell you that these non-human *beings* are as much part of this earthly evolution as you humankind are. Without them you would not evolve in the way that you do. What are these *Nature Spirits*, because that is what they are? They do not originate in mankind's thoughts; they are, as you yourselves are, the creation of the Divine Creator, the great architect of all things. What do you say when you look at the trees and the plants and the flowers? You say, do you not, it's God's masterpiece? Of course it is, but these great things need workers to empower that masterpiece. I know each one of you are aware of the four elements in your world: the *Earth*, the *Air*, the *Fire*, the *Water*. Within these four elements there are many, many others. Now we come to the beings of these elements. They are created within their own elements. The Earth element, they are created in the Earth ether. That is why they are not visible to the human physical eye, that is why you need clear vision to be aware of them. Let me say, my dear friends, that all of existence interpenetrates every particle of life. Let us take the Earth. When you see those plants, those trees, those flowers, you are not aware of the workings behind them. You say, 'it is *nature*'. Yes, you are partly correct, but behind what you term '*nature*' are those small beings who empower the plants, empower the trees, empower the flowers. And I will address the Earth beings by the common name that you would know them by. You know all too well my friends that we are limited when it comes to names, therefore we will call them *Gnomes* for the sake of your understanding. Without these small creatures who work tirelessly within your Earth, there would be no life substance as you know it now. Yes, these little *Gnomes*, as we will call them, have the appearance of tiny small men. They have been seen and they respond to harmonious conditions and to love. These Earth beings work within the Earth, on all layers, from the mineral they work on the jewels of the Earth, they work on many aspects of the Earth. But perhaps you will not fully understand, that unlike the human form which you possess, these beings are not immortal. They can exist for as long as one thousand of your earthly years or until such time as their task is completed and then they will return to a group soul, but they do not have the advancement of the human being—that is their only difference. You are most quiet my dear friends!

Before I continue, do you wish to say anything at this point?

Mary: How does this tie in with the American Indians? Did they have a real grasp of spirituality? They most certainly did. They called upon the *Nature Spirits*, not only *Earth Spirits*, but they truly believed in the *Fire Spirit* as you may well know. These Spirits we will call by the name known to man as *Salamander*. These Indians were well versed in spiritual matters. Because of their beliefs and their knowledge they had much success, not only with their animals but their crops. Yes, indeed, those people and even to this day those who remain true to that kind of living, have great success with *Nature Spirits*, because, as I have said, they respond to love and harmonious conditions. You will find them in many, many numbers in open spaces, in hills and woodlands and forests where mankind has not caused too many harsh conditions for them.

Lilian: And would those places feel peaceful because of them?

Yes, yes. If you send loving thoughts, create harmonious conditions, it should be possible for anyone who is spiritually aware, to see these creatures or beings or *Gnomes* or *Salamanders*. The beings of the air you would know as *Sylphs* and of course water beings you would know as *Undines*. I am sure each one of you is aware of these things, but all I wish you to know my dear friends is that they do exist. All I ask is that you think about these things more carefully, that you consider the working *behind* every

element in your world. I know, especially with the Earth Spirits, that your geologists would give another explanation for many of the things that occur, but let me tell you my dear friends, they do not have the full picture. Do we have some response before continue?

Lilian: They are obviously very much aware of us as humans?

No, the Earth Spirits are largely unaware of human form. They are more aware of conditions, but they will respond, as I have said, to love and harmonious conditions. Under these conditions they will work well.

Lilian: So if we admire the flowers, they must be pleased. Will they pick our thoughts up?

If it is loving thoughts, yes. What you may not know, and I will speak mostly this time about the Earth beings, because on each element of beings, there is so much to be said. Would you know and could you understand that they almost live in their own way like human beings? They live as groups deep within your Earth. They exist on a type of *air* which is different of course from the air that you would breathe, because it is partly physical air and air in the *ether*, which is, of course, much finer.

Graham: Do they have children in the same way as humans do?

They are capable of having families, but of course not in the physiological way that human beings would. You must remember that all Nature Spirits are controlled by those other beings, non-human beings whom we would term Angels, and that is a subject we have to come to at a later stage; but they are governed by them. But within their own *element*, yes they exist as families and groups such as yourselves. I know these facts seem strange to you, but it is time, my dear friends, that your thinking goes more deeply, that your understanding of all of existence is widened, that you encompass all life as it exists within this planet. You are not alone. The evolution of mankind and this planet is not reliant upon humankind alone. That is the purpose of my speaking to you about non-human *beings*.

Lilian: Could we in any way harm them by different things that we do to the Earth?

Of course, it would not harm *them* in the manner that you mean, but in damaging and corrupting your planet, then you make their task doubly difficult. You would not of course know or understand that by the power of their thought, they also can change the way they look. They can become taller or smaller to suit the situation within which they work, but they cannot enter to another element. Earth cannot change into the Air element, Water or Fire. They are restricted to the element to which they belong. Am I making sense my dear friends? I sense that you are a little stunned by this knowledge. (Chuckles)

Mary: Am I right in thinking that they give out an energy which enhances our own energy?

Of course, because by looking after and appreciating the work that *they* are achieving, then you give back to them. Everything is penetrated by each other. Nothing is isolated. All form of life is interpenetrated. Can you begin to understand my dear friends what I am trying to tell you? I know it must be difficult. I have chosen the Earth Spirits this time, because I feel *that* is the element that is probably closest to most of you. Most of you have gardens. Most of you *feel* the beauty and the love which nature provides for you.

George: I think we have a feeling for nature and Nature Spirits. What concerns me sometimes is modern farming and farming methods (*Yes.*) and this must be seen as a distortion of nature and I imagine this might well cause some problems due to lack of respect and deviations from the natural process.

Yes, let me just say my friend, that of course anything which causes disharmony within the Earth is distressing to Earth beings, of course and, such as they are, like human beings, they can be *mischiefous*. This is where—let me give you an example, let me give you an example of the Fire Spirit, Salamander. Let us talk of the fires which rage out of control. They are absolutely ecstatic at such a thing, because they are vibrant, they are alive, but they are also *mischiefous*. That is one example, if you come to the Earth Spirits who are distressed, then you will see a deterioration within that ground, you will see the dying of the trees, you will see the plant which is diseased. This is all to do in part with conditions which are not harmonious to what you call nature. Do you understand?

George: Yes, I think we have seen problems arise within the farming process and this is to be expected and would stem from lack of respect.

Yes, if only mankind would acknowledge the work which goes on within the Earth. If only mankind could offer thanks to those beings who work so tirelessly and hard for *your* benefit, then things would be more acceptable to all. Can you see? But because mankind in his ignorance believes that he has total control

of the Earth and what he calls *nature*, he is in fact destroying much of the good work that these Earth beings have created. When next you touch the soil, the plant, the tree, the flower, why not give thanks for all that they have done?

Lilian: Yes, I'm sure we will.

Think about it my dear friends, that is all I ask of you. As always I will say, if you *cannot* accept my words, then leave them for another time, but I feel that now is the time for you to open your minds to the existence of these non-human beings.

George: I have a very special place in my heart for the bee populations. They are so industrious, they are so intricately part of the nature system, they visit so many plants and flowers and pollinate them that the natural order would be totally different without them. I have always felt that there is some sort of guidance (Yes.) behind the work of the bee and its visits to so many plants and the way that it pollinates. Yes, there is guidance, there is guidance in *all* things. You are correct in that assumption, but of course the bee belongs to the physical, it is only another aspect of what can be achieved in this world. But the underlying power lies with the beings of the Earth and I would say even more so the bee population is guided by the *Air* beings, the ones we would call *Sylphs* and who people have seen close by to plants and water and who do appear in smaller human form and with what would appear to the physical eyes as the formation of tiny wings. There are many beings, but we will speak of the *Air* beings another time. I feel your bafflement my dear friends!

Lilian: We are deep in thought. I am sure when we are in our gardens we shall be thinking of them all the time and hopefully seeing one or two.

It is possible when you are spiritually aware. Speak to those people in your world who *have* evolved spiritually and I am sure they would be only too glad to tell you of all that they are capable of seeing. But again, because of much ridicule and disbelief in your world, they are loathed to speak of these things. They are afraid of being called foolish, they are afraid that their fellow man will think of them as not being quite '*the thing*', I think you would say, therefore they are hesitant of speaking of their visions.

Lilian: I must say, all this week I have been thinking, as you say all over the world, there are the little people in Ireland, in Cornwall it's the pixies and different names for different places.

Yes, all over your world, every country has its own *fairy tales*, yes.

Lilian: So how did they start?

That is what I say to you my dear friends, they are based on truth, but as in many things, it becomes distorted, it becomes to mankind in general a figure of fun, to be dismissed as fanciful imagination. I am here to tell you, my dear friends, that there are such beings in existence. As I say, I use the names which you would be familiar with, but all that they are, they are part of the Great Creation, which enables this planet and yourselves to evolve. You are not alone and never will be alone, because there is too much that belongs to the great scheme of life. Humankind has been at fault too long, in thinking that he is a superior being. This idea I would wish you to try to place within the scheme of the great plan of life and to understand that humankind is but one small part of what exists, not only on this planet, but on all others. You cannot isolate yourselves from all the other energies and beings that exist on this planet. Let me just finish this time, by saying that when you look into water, do you not see the power behind that liquid? Can you not feel it, can you not see it, can you not understand that beneath that power, there lies beings who are constantly at work to create a living force of that water? Water is very good element for trying to capture the power within. Think about those few words and next time we will continue this discussion and I will be more than interested to see how each one of you has interpreted my words. My dear friends, there is much you need to learn and if I can open your eyes just a little wider, then I am sure that your understanding can only help you to grow. If this is so, what more can we ask of you, because in growing and understanding, with your vision how can you not go through this existence and not give to others what you have achieved? Would that not my dear friends be remarkable?

(Affirmations) With these words I will take my leave this time. I do hope that you have a little more food for thought, but we have much more to discuss, but I feel especially on this topic that we must go slowly, but I feel that we must discuss it as we go along. (General thanks and farewells)

Good evening. (General greetings)

This time my dear friends we will continue to discuss other the topic which we began last time. I hope each one of you has given some thinking time to our discussion.

Lilian: I am sure we have.

Yes. We spoke last time mainly about earth spirits. I said we would discuss the others. We discussed the four elements of *Earth*, *Water*, *Air* and *Fire* and I believe I told you that within those four elements there exist many, many more. I began with the Earth Spirits because I feel, my dear friends, this is perhaps the closest and more acceptable one to you, but what I wish you to know and understand is the relationship between yourself and these other spirits of this planet. I told you last time that you do not stand alone in spiritual evolvement. These spirits are not seen easily with the physical eyes, because they are within the ether—the Earth ether, the Water ether, the Air ether and Fire ether. All of these spirits are formed mainly from the elements to which they belong. Therefore let us take an example this time. Shall we discuss the Water Spirits, or sometimes in your history they have been called Mermaids in the larger expanse of your seas. Why should some see these things, I hear you ask, and not others? Well my dear friends I have already partially answered that question, because they belong to the ether and not seen with the physical eyes, unless with those physical eyes you have momentarily *clear vision* and only with *clear vision* will you view these creatures. The Water Spirit or Undine, can be seen on the waves of your seas, can be seen close to water of many kinds. Their task is to work with plants in water and the very motion of water. They are created from the ether of water. They can be seen as shimmering creatures in the smaller places where water abounds and upon the larger areas of your seas, then you have the larger Undines which are seen to many as the Mermaid. Remember I told you last time that these spirits have the ability to increase or diminish in size. Sometimes the Water Spirits will seem to shimmer as mist or fog. They are there again, as the Earth Spirit, they are completely captured by loving thoughts, by spiritual development. Now at this point my dear friends I would wish you to understand that the Water Spirits are drawn to the human Spirit by the very water element within man. And what is that, I hear you ask? It is the seat of your emotions. Therefore can you see that they would respond to good emotion? Let me try to say this to you, that when the waters rage, these Water Spirits are working to full capacity. They can be stilled, if you like, by the extension of love and the offer to work with them. Those human beings who have clear vision, who have love in their heart, who have the best intentions for all fellow creatures, not only their own kind, they will in their evolvement have the ability to have clear vision and to view these beautiful creatures. Their only intent is to work on this planet for their own spiritual evolvement, although it varies from your own, but they respond to human Spirit with love and kindness, but the Undines or Water Spirits will be found anywhere there is water, even on your marshy grounds where you probably would be surprised to find them.

Now let us speak of another element, the Air Spirit. Again it is fashioned from that element to which it belongs. The Air Spirit is known as Sylphs. They, too, can increase or diminish in size, but what is important once more is their involvement with human Spirit, with mankind. What would you suppose my dear friend attracts them to humankind? We speak of the air element.

Lilian: It's the love again.

All are attracted to love, but what is it within humankind that would attract the Air Spirits to you.

Mark: I was thinking the same as Sarah, the respiratory air/oxygen.

Yes, but it is the *mind*. The mind, the intellect, they are attracted to many artistic people. But the Air Spirits or Sylphs are indeed shown to you as beautiful creatures. They show themselves to you as tiny people or large people dependant on the setting. They are the ones that you would call *fairies*. Yes, who would have shimmering wings, because they are fashioned from the air. These creatures are indeed beautiful and attracted once more to love and beauty.

And last but not least we have the Salamander or the fire Spirit. We spoke briefly of the Fire Spirit last week, did we not? Yes, and of all the elementals, the Fire Spirit can indeed be mischievous, as human Spirits can be mischievous; why should there be distinction. But all Spirits, no matter what element they come from, respond to love and will always work with mankind, providing you give those loving

thoughts. I would like to make clear to you, my dear friends, that oftentimes mischievous happenings have been accredited to human Spirit, when in fact it is sometimes the Salamander at work with his mischievous ways, especially when there is anger or trouble within households and such places. They thrive upon psychic disturbance. They oft times are amused when they hear of human Spirit taking the blame for their own mischievous ways. Think upon these words. I wish you to know, my dear friends, that you exist in a world, which is inhabited by many, not only the human Spirit, but those I have mentioned and many, many others; some who have the ability to evolve and some who will never evolve in the way that mankind will. But what I want you my dear friends, to understand: You upon this planet coexist with many others of various shapes and sizes, but all belong to *Spirit*. Each interpenetrates the other, no one group is isolated. Although mankind in his, shall we term '*wisdom*' —a word I am not fond of—considers that he is the sole beneficiary of this planet. Now is the time in your evolution my dear friends, and I know that I have approached a subject not easily accepted—but I do feel that you have reached a stage when you can at least begin to think and open up your heart and minds to other beings. Before you reach for the planets and the stars, look inwards to your own planet and those who are here to work for you in your own evolvement of Spirit. Therefore my dear friends I say to you this: Open your minds and hearts, give love and thanks to all those who are around you, and you will find that your lives will become enriched by the knowledge of these small creatures; their beauty is something to behold. And again I hear: '*But the Earth Spirit or Gnomes who we have discussed do not present such a pretty picture.*' But who are you to judge? Do you suppose my dear friends that you seem attractive to them? (*Chuckle*) So, once again I say to you my friends, do not judge, but accept and keep an open heart. I feel I have given you enough to think about, to open your minds and hearts, or if you have any questions my dear friends, now is the time to ask them.

Lilian: Would they be more aware of us than we are being of them.

Only if you extend your love to them—they would be most unaware of you. Disharmony would bring you to their notice—violent feelings. I must say, that the Air Spirits are greatly disturbed by what goes on in your atmosphere—the noise within your skies—but as all creatures, they adapt well, but of course they thrive more in conditions of harmony and love.

Lilian: So that's where we'd go perhaps to visit a beautiful garden, or woodland or stream.

If your love and your expectancy is for good, it is possible for your vision to be clear enough to see them if they so desire, but they, as all Spirit, know only too well those who seek them for the wrong reasons. Harmony, love and the right reasons will bring you into touch with them, but it is entirely an individual *goal* for you to achieve, but it can happen if you so desire. Again I say to you my dear friends, the *power of your thought* is crucial.

Mark: Are very young children aware of them?

Their awareness would be greater than those of you have existed on this Earth plane for a longer period of time, because you see, young children still retain some memory of Spirit. We have touched upon children in other matters and their psychic ability. Yes, they would be much more aware.

Mark: And I guess the elementals would be more attracted to the children as they are more loving and purer.

Yes, their purity of Spirit, their light and their love would be the attraction. That is why their awareness would be so much greater. Yes, you are correct. Again I say to you dear friends, if only you could behave as small children, then your awareness would be greater also.

Sarah: We are here together working for this Earth, but with the Fire—I can understand the other three elements, but with the Fire, are we trying to be careful of them and they are trying to antagonise us, or how exactly do they...

No, do not become confused. I have said that they can be *mischievous*, but the majority of their working time is for good. It is just the element of fire and fire is as necessary as water, air and earth. After all, when there has been fire, what then happens?

Sarah: Re-growth.

There is new beginnings, new life. So do not dismiss fire as some kind of hazard. It has its place in the plan of life, you understand?

Sarah: Yes. When you said, if we gave out thoughts to them, if there was a terrible raging fire and we gave our thoughts out to the fire people, the Salamanders, if our house was on fire, could we help to reduce the flames if we all gave out our thoughts, or would that be interfering?

Good thoughts are always helpful, but the Salamanders are governed by Angelic Beings. This is a topic we have not as such discussed but we will. They have the control over the Salamanders. Therefore I would suggest that if you were disturbed by any destruction, I would give thoughts to those Angelic Beings who would take control. (Thank you.)

George: The Salamanders must be rather different from the beings of the other three elements. Earth, air and water are nice permanent and stable elements, (**Yes.**) where fire is much more starting and finishing and moves round quite a lot, so I would think the Salamanders would be very different for that reason.

Yes, I would perhaps use one of your earthly words to describe our Salamanders: *combustible*. Perhaps that would make a clearer picture for you, but what I wish for you my dear friends, is that you find the connection between yourselves and all of these Spirits—that is the point I want you to come to realise that *they do not stand alone* and neither does the human Spirit. That is the connection, that is *why* it should be imperative, I may say, for you to open your eyes to these other beings, to *give them your love and understanding and help whenever you can*. Give thanks for the work that they so tirelessly do for your evolution. I know that mankind has developed an intellect which allows him to praise himself to think that he stands alone. That is not true my dear friends, that is not true.

George: Modern mankind has tended to think of fire, not as an element as did more ancient people, but more as a process of oxidation (**Yes.**) and perhaps we could think of the Salamanders as masters of oxidation.

Yes, I did say last time that your scientists and your, shall we say, more developed mentally clever people, would always give you explanations for all that I have said, but I did tell you, they do not know or understand or accept the full picture.

George: Yes, I think the truly clever people are clever enough to realize just how much they don't know.

Yes, to keep an open heart and mind, that is the intelligent person.

Sarah: I know this diverts away a little from what you are trying to teach us, but you did say last week that these Spirit beings can live for as long as a thousand years and then they go back to a 'group' Spirit, I think that was the word you used. Would you mind explaining just a little about that?

Yes, of course. Group Spirit—you know that Spirit has always been and always will be, there can be no altering that statement, but there are some degree of Spirit that it is not necessary for them to evolve. Those who I have mentioned will work perhaps for a thousand years, have completed their task.

Humankind has much to evolve for. It is a much longer process, but the day will come, as I have told you, when the human form will disintegrate and you will become but thought form. It is only that these elemental beings have a much smaller task to complete and then they will join their group Spirit to become blended with that greater mind. Do you understand? (Pause) No.

Sarah: Yes, I understand that, but I am just thinking about the group Spirit.

It is just a blending my dear friend. Perhaps I have confused you by using 'group Spirit'. It is just that those who have succeeded in their task, will return to Spirit in the form that they know best. Is that clearer for you? (Yes.) You all return to that part of Spirit from whence you came, and after all, you understand that you are more than one. (Yes.) So too are these other elemental beings, so they immerse themselves in a group Spirit. Are you sure you understand?

Sarah: Yes, I think I do.

It is difficult I know. This is a topic much maligned by mankind and we see all too often so many people who think of those with clear vision as—how is your word, crazy, crazy? But that is not true; they are the ones with clear vision. You also have to accept, my dear friend, that although these Nature Spirits are different from yourselves, all Spirit returns home to the one source, whether it be a group soul, or individual group spirits, it matters not. What is important is that the task that is undertaken on this planet is done and dealt with and Spirit can return.

George: I think you inferred that the elementals of this planet are just a tiny part of the general cosmic pattern.

Yes, of course, as you also are. Mankind needs to begin to view himself as *part* of the planet, not as the *keeper* of the planet; this is what you must try to understand. I am afraid that mankind's intellect has interfered in his spiritual nature for far too long, that now is the time to return to be childlike, to a simpler way of thinking. If you are to understand all that goes on within this planet, then you need to be simplistic in your outlook. Surely that is not a too difficult a task for you who are so intelligent!

(Laughter) Are there more questions?

Paul: I remember once we had a lot of moles in the garden and we put out the thought to them suggesting to them that there was another place they could go to a field nearby. I think we tried to do it with love, a loving thought that they could move to the field nearby and it seemed to work. Would that have involved any of the elementals?

Of course, the Earth Spirit would be helping, because of the love thought, yes of course.

Paul: So the Gnomes would have helped out there.

If the thought was given in love and for the benefit of the small creature, then of course you are being helped by the Earth Spirits. It is not only the power of your own thought in these instances, although I have taught you well I hope that the power of your thought is of utmost importance. It is just that you have a little help; that is what I would wish you to try to accept. You are never alone. Are there more questions, please? (Pause) You are all going home with your eyes wide open. I cannot ask more of you my dear friends, only that you dissect my words in any way that you wish. When first I came to you, I said, accept only what you can; after all you are each in your own roles. If you cannot accept my words, it does not matter, you will come to them in time. Therefore my dear friends, if we have no more questions this time, I will leave you and let you think about my words and I will leave the rest of this time in your very capable hands. Let us see what else is to come. (General thanks and farewells)

~18th September 2000~

Good evening. (General greetings)

Before we begin this time, I wish to say to the one known to you as Mark that we will come to him in sleep-state, because he is in need of a little upliftment at this time. Now my dear friends, my purpose this time and my happiness at joining you once more is such that I hope you feel that this evening will be just as informative as others have been, but rather than give to you this time new information, I would ask all of you, my dear friends, to participate in some answering of questions to you. We of course know your thoughts and desires, but those who stand close to you would like to know what each one of you has gained in recent times from the instruction given to you. Are you happy my dear friends to speak individually to me? (*general agreement*) I, of course, know what is within your thinking, but others need to hear the spoken word to know how you feel, to help them in their understanding. So you see, it is again two-way help. They will help you and you will help them. So if you are happy, I will ask our dear lady to begin wherever she feels it is suitable and ask each one of you what you feel you have gained and what you have learnt.

Lilian: Sarah?

Sarah: It has made me I think—I hope, less selfish. I am beginning to see that *giving* and good thoughts to everyone, how important that is and in return it is a vicious circle—not so vicious—it makes you feel happier and then in turn it makes it that much easier for you to give out good feelings towards others. I think I am beginning to see the reason for us being here, much more so than ever before. In understanding a little more about why we are here, that again makes it much easier to live, because you can see the purpose and that in turn helps, I hope, for me to go on the right path, the path that I should be treading whilst I am here. Generally I just find that the whole teaching has helped turn me around a lot.

Yes, can I say to you, my dear friend, that you indeed have learned the lesson of more tolerance. Would you agree?

Sarah: Yes, I would.

Yes. Please to continue.

Sarah: I find these evenings—I never want to miss these evenings. I just want to get more and more knowledge and hopefully in the long run to help everybody to help the world. That is another thing I hadn't realized how we should be part of the world and not the world here for *us*. So in every respect I think it has helped me along my way.

And of course, my dear friend, you know that when those from my world have you, we rarely let you go.
(Laughter)

Sarah: Well I am very happy in them not letting me go! And it's nice also to be so aware that they are always with us and I find that very comforting and it's nice to pass the message on to others too who are perhaps in a little need and to let them know too that they are not alone.

Yes I would perhaps say to each one of you, if you are lacking in any way, it is that your awareness of those close to you is until now still not too clear, but as your awareness and knowledge grows, this will come more easily to you. Thank you.

Lilian: Paul?

Paul: It is difficult to put it all into words, but most recently I have noticed there is bit more control with my moods and things that would have made me a bit cross or tense, don't have that same power quite now and I can see how I would have got wound up by things, but now I can step back a bit more and have a little chuckle about it now and not take it quite so seriously.

Laughter is most important within your world, otherwise all matters would becomes much too serious. But I would say to you this, my dear friend, you are indeed a spiritual person. In many lifetimes you have brought this to the surface of human living, but within you lies a small fear that the human side of you is not in full control. This is something you must try to learn this time, but you are succeeding.

Paul: Yes, I felt a little 'give' recently, yes.

And as time continues if you will but give time to your quiet moments, then in this lifetime you will place to one side that strong feeling of control. You understand?

Paul: I think so, I think I know what you mean, thank you.

Lilian: Graham, I know you're a newcomer, but...

Graham: Even though I have only been a member of the group a short time, I don't think I can begin to say how meeting in this circle has changed my life. Maybe I have had accelerated learning, because of all the catching up, but I really feel, and I am not exaggerating, that my life has been turned upside in many respects. Many times I used to think, what is it all about and where are we going, and I went about my life happy, but wondering, whereas I think that a lot of those questions have now been answered. I had no idea about the afterlife and all the things that are yet to come and I do look upon life very differently now. I think I see a lot more beauty around me, a lot more love, particularly in other people. When I meet people now I think differently. I think I used to feel upset by people; their negativity and my negativity bouncing off each other and I am finding now that I am learning to control that more and I don't feel as upset by things as I used to and that is something that I really have noticed. The knowledge that you have given us recently about nature spirits and all the other teachings have, it is wonderful to spend time thinking on these matters in quiet moments and discussing them with my wife and daughter and we all feel that we are gaining a great deal out of it. We are very grateful.

Yes. You my dear friend have been a thinking, logical person and now you will begin to find that that thinking capacity can be used in the instruction of other people. That is what we strive to give to you and although your time here has been much shorter than the others, as you have said, because of your thinking capacity, you have caught up, if I may use that earthly expression, very well. It gladdens me so to hear such words from each of you, to know that yourselves feel this awareness grow from within you.

Thank you.

Lilian: Mark?

Mark: I look upon these evenings as bringing me down to Earth really and it feels a bit like an umbilical cord to life. It's made me much more aware of my failings and I don't think that it makes life easier to live as such, but it makes it more understandable certainly.

Yes. Let me say this to you my dear friend: you are always like the bees in your world, busy, busy and this applies also to your thinking. We do not wish to bring you down to Earth, we wish to raise you back

to our world, but yes, gradually you do know and understand that your quiet moments are most important to keep you grounded.

Mark: Yes, I don't get enough quiet moments certainly.

No you need to have more meditation time, but we know and understand that human life is busy, but again each one of you has the responsibility for your own spiritual growth. Each one of you here has so much potential to give to the world. We help all that we can, but without the help from you, we are limited in what we can achieve. To you, my dear friend, I say to you only this: continue as you are. Life of course we can never promise you will be easy, but if the awareness and understanding is easier, then what more can we ask of you? Thank you.

Lilian: Margaret?

Margaret: I can only say how happy I am to come here every Monday and think about you all week. I find it difficult to explain to people sometimes how I feel, but I just feel happy about my life, I don't know if that's wrong or not, but I am so contented.

Yes, you have travelled this lifetime, I may say, not always easily. Life at times has been heavy upon your shoulders, but at this stage of living you have acquired a new awareness of what life should be about. You, my dear friend, give help to many, but what I would say to you is this: That not all can accept your words and therefore you need to become a little more discerning in who you speak with.

Margaret: I am learning that.

Yes, it is something we are helping you with, but again, as all of the others, you are travelling in the right way. (Thank you.)

Lilian: George?

George: I have a strong desire to understand life and its placement in the universe and to share that understanding with others. I think this is a way forward for many. I realize that this has been helped enormously by the teachings of course. I realize that I do not stand alone; there are many connections both here on the physical Earth and with those in Spirit. I feel that I have been helped enormously by many, many people, many, many of those in Spirit, in putting together knowledge and understanding and I do this without ignoring the love principle which connects with all things and it seems to me to be the way forward for me which I have felt for quite some time now.

Yes, let me say this to you my dear friend. You are what I would call a universal being. As the other gentleman, you have a thinking mind. Your gift is of the word, both spoken and printed. This we would not disagree upon, but what I would say to you my dear friend is this: Although your gift lies in the distribution of words, you as Spirit need to devote more time to your own expansion of growth of Spirit. To help others is admirable, but to help yourself grow is even more so. I do not say these words to make you feel as if it is pride, it is not, but in learning first within yourself, do you not see how the expanse of knowledge can be even greater, because then the words that you speak of write come from the truth of within and not the knowledge of the outside world. Do you understand my words?

George: Yes, I think I understand that. In my seeking of knowledge I have looked in various corners, can I put it that way, (Yes.) and I am aware that there have been teachers in the physical world, such as John Goldsmith, who upholds the principle that you have just stated, it comes from *within*.

Yes—it comes from within. What you have achieved my dear friend, is admirable and what you seek to do offers much to others, but what I say to you is *think of yourself*. Please take those words in the way that I mean them for you. Thank you. (Thank you.)

Lilian: For myself your words have turned my life right around for the better. I think the one that perhaps I remember the most is the judgement of other people and if I feel judgmental, I do remember what you have said—we don't know the reasons and I do try hard to remember that. And for me that is perhaps the most important point.

Yes, let me say this to you my dear lady: You have been involved in this work for many of your years. It is not something you would have anticipated in earlier times but let me say this to you: although your involvement has been steady it has only really come to fruition when you realized this task which you now undertake. You of all of these people have grown so much in such a short time. Although your involvement has been longer, the speed of your development in recent times has been great. We say only to you, continue, give of your heart, your time, your mind and all will be well with you.

My dear friends, let me say this to you: It has been for those who stand close by you, a very good evening of discovery. It has taught them much and we hope that in expressing your words to each other, you now begin to understand each other a little more, because it is only in expressing your innermost thoughts do you expose your true selves. Think about each other, exchange the love which exists within this room when each of you are gathered together. I leave you this time with all my love, with the knowledge that I stand close to each one of you, that I know your thoughts well and we have much work still to do.

Lilian: Yes, we look forward to that. Is there anything you would like to say to the lady that you are using?

(Eileen) No, she is aware of what we feel. If it was necessary then we would give you the information.

May all of the love that you deserve remain with you until such time as we come together once more. (General thanks and farewells)

~25th September 2000~

Good evening. (General greetings)

This time, my dear friends—my intention this time is to spend some time with this instrument (Eileen) in quite teaching, but I know that we have some questions which I am happy to answer for you, but there will be one other from our world who wishes to speak with you. I would say only this to you this time my dear friends: That in the past year of your earthly time many of you have encountered many of life's difficulties. This has not been without purpose, because each one of you has grown so. Therefore in the wider scheme of life and awareness, all of these experiences have been good for you. So, let us have the questions please.

Sarah: I was trying to imagine as I go along aside how many nature Spirits would be, for example, on a tree and exactly what they do?

If you are looking for me to give you numbers my dear friend you will be disappointed. There are many factors which determine who works within individual trees. This is a combined effort by all of the nature beings. Responsibilities as you may understand is given to individual nature beings when the time is right, and remember that it would depend upon earthly factors, such as situations and which kind of Spirit is needed. Remember that all Earth Spirits have the capabilities of working together or by themselves, but all is worked in order. Their purpose of course is to maintain healthy growth to see that the energy of nature remains as pure as it can be.

Sarah: And also one other question Salumet, my son (Ben) is very interested in coming. I think he would just like to see how the meeting is conducted. Would it be possible for him to come sometime or is it early times yet?

I have been aware of much interest. May I respectfully say, please leave it just a while longer. I will give you an answer at a later stage, but for the moment it is better that his interest remains in speaking with you my dear friend. (Thank you.)

Lilian: The lady next to you (Sue), she has a friend and she would like to see if he could come. He is into this kind of work.

Sue: (channelled) It is the gentleman who is involved in the physical circle that this lady (Sue) has visited. This lady is wondering whether, during the month of November when his own circle for other reasons cannot take place, if he was interested, he could come and see how this circle operates; that is if Master you would feel it would be beneficial for both parties if this gentleman were to come.

Yes. I would see no reason why this dear friend may join us provided that each one of you, my dear friends, is happy with the situation. You must remember, although I have said it is important that the correct people enter this room, it is also important that each one of you is happy to invite them also, because all of this work as you well know, depends upon love and harmony. This we have within this group. So, I say to you, if you are happy to allow this person to come, then I see no reason why he should not join you.

May I return, my dear friends, to the lady who spoke previously (Sarah) for just a moment? This young man (Ben) has much awareness and it is good that so many of your young peoples are coming to this

way of thinking, but when the soul is young in earthly years it is mainly just interest, because there is much in life which has to be learned. But I say this to you my dear friend, there is much potential with this young gentleman and you will find as life continues for him, that awareness will grow much stronger. That is why I have suggested a time lapse before allowing him to discover more. It will give him time to think, you understand?

Sara: Could I ask about my step-daughter Ashlea. She is also interested, but she is younger than Ben and I would imagine that you would say the same to us.

I would say yes, it is better that information is given via yourselves at this stage. You know of course that those from our world work closely with your young people on this Earth and when they are of such young ages it is easier for those in our world to have contact with them. So again I say to you, learn by the given word. Allow them to develop their senses, encourage whatever attributes of Spirit they show. When the time is right, all will fall into place, but of course you must encourage and you must keep the interest there. Do you not also see, my dear friends, that it is part of your own learning process in teaching your children? (Affirmations) Now my dear friends for this time I will not leave you, because I will be working quietly with this instrument. I would say to you only this: That at the end of your time together will you please allow the instrument time and a little quietness to return?

Lilian: Yes we will, thank you.

The expected quest (Sister Veronica) followed through Sue, bringing along young children from Spirit realm for us to work with:

How nice of you to allow me to come to this special place. I am honoured to be here and hope that I can bring you the love of Spirit, and trust that each one of you will feel enveloped by what I hope to bring to you. The love of Spirit is the most wonderful thing and we want each one of you to sense how much love for you all. You have learnt have you not that the most special love, the most uncomplicated love is that of the love of children and I say to you that the love of the Spirit children knows no bounds. They give their love unconditionally, especially those who have always lived in Spirit. I say to you now, that in this room, set at the feet of each one of you here is a little child. These children, with the exception of one, have never trodden your Earth. I will ask you please to send out loving thoughts to these children, individually and as a group. May I be permitted to give the names of the children here and who they are beside. Here in front of the lady Lilian is a little girl. She is four of your years. She has never lived on your Earth and is being raised in Spirit until it is time for her to be reborn. This little child is called in our world Faith. Please lady Lilian, send out loving thoughts to this child. She will be around you for some time and you may sense her in your rest periods. Lady Sarah, sat at your feet is another small little girl also never having lived in physical. She is six of your years and her name is Annabel. The three gentlemen, you have three young boys, all who should have been born on this Earth as what you would term as triplets. Unfortunately they were returned to Spirit earlier than they should have been. Their names have been given as Andrew, Jonathan and Clive. They are three of your years, are beautiful, beautiful children who love one another as siblings and love everyone and everything around them. Send out your thoughts to them please and they will send you back love a thousand-fold. Again you should feel their presence in your sleep state. To the other two ladies, I bring you two little girls, their names have been given as Felicity and Marion. Again they have not lived on this Earth but are growing beautifully in Spirit. They have long, golden curls which reach down to their waist and are wearing blue, shimmering dresses—it is the clothes they have chosen to be seen in. Give them out your love and feel their presence around you in your quiet times.

Sara: Can I ask how old they are?

Felicity is four years old and her younger sister is two years old. I ask you also to send loving thoughts to their birth mother who lost both these children before she was able to cradle them in her arms. Naturally there are reasons for this, but of course the dear lady is unaware of them.

To the lady sat beside me (Margaret), I say to you, that at your feet is a very handsome young man named as Marcus and he walked your Earth for seven years. He was brought back into Spirit and is progressing very well. He has a strong affinity with you dear lady. There is a connection, but I am unable unfortunately at this time to explain it further, but he is very, very much connected to you and is sending you much, much love. You should in time hear his name again and the connection will become more obvious to you, but this is in future times and I am unable to say more at this time.

The children are singing to you now. They have been practising for some time. It is a song of love of gentleness and music and colour. They have made the words themselves and I have to say to you that they are extremely proud of them. We realise it would be asking too much if you could hear them although I do ask you to feel the music, feel it running through your veins. They are very happy to be here and as I said previously they will be around you in your quiet times. They are now turning to each one and curtseying or bowing depending on whether they are boy or girl and each one is presenting you with a flower. Listen to it also in your quiet times, you may be more receptive when you are at rest. I have to say that it is a beautiful song and the children are so proud to be here and to sing it to you. Thank you for allowing me to bring my blessed children to you. My name is Sister Veronica. I hope in time I may return and tell you how my beloved children are progressing and perhaps bring some more to sit at your feet. I will remain here quietly until your meeting comes to its close, so please feel the presence of them in this very special room. I leave you now with my children and with my love. (General thanks and farewells)

~9th October 2000~

Good evening. (General greetings)

This time my dear friends, as we approach your slowing down time within the natural world I would like each one of you to also slow down in your thinking, to recap on the many things we have spoken about in the past months. I suggest to you my dear friends that this also be a time of recouping energies. Because we have a few absent friends this time, may I suggest to you that we spend this evening in discussing whatever topic you wish, but at the same time realizing that your thinking at this time must slow just a little in order that we can unfold to greater things. We have reached a time in all of your development when new happenings will occur. I believe I have told you my dear friends that many opportunities will be given to you, but as always these opportunities are governed by your freewill. So be aware my dear friends, of all that comes to you. Before we continue on with this evening's questions, I would like just to say to our dear friend, the one who is known to us as Mark, that he has been faced with many decisions in recent times, but I will say only this to you, that you are going forward on the correct pathway. But you need to be aware of spiritual time—do not forsake it for the sake of Earth's physical living.

Mark: Next week I'm closing down the second shop so I think things will be a bit less demanding and I think I will be in a better position to organize my time.

Yes, your awareness is there, but although I do not come to advise as you full well know, I feel that just a little reminder that your spiritual awareness is of great importance. Thank you for listening to my words. Now, if you have questions this time my dear friends.

Sarah: I was just thinking about Salumet saying we should slow down and nature itself slows down, perhaps this is partly to keep us in tune with nature. Is that so or is it just to regenerate ourselves? I have brought you along the path in recent times in trying to understand the world of nature a little more closely, because in this way your attunement to all things will be so much greater. Yes, as the natural world disintegrates and regenerates, so too does the physical being at times need times of quietness and rejuvenation of Spirit. So, if you can find that same connection, then all to the betterment of your own unfoldment.

Paul: I was thinking about when we are sitting in our circles and we do not cross our legs, when people meditate though, they often cross their legs. Is it important at all? I know when we have been sitting in a circle we have been told not to cross our legs as it sort of stops the energy flowing a bit?

Yes, I understand. Perhaps we can discuss this a little more. I am aware of many rules and regulations which feature within your organizations and to which many of you uphold these rules. Let me say, most of them have come from well-meaning people who have not always listened to our words of wisdom. Communication can take place whether the legs or arms or whatever else you wish to cross will take place, but let us look to the other side of the mirror and say that you all know that you are more than the physical beings that you see before you, that you are energy, and of course that energy is cloaked by the physical being. So when people speak of energy being disrupted, then of course they are partially

correct. I would say this to you my dear friend, that it is probably more satisfactory for the human being to sit with their legs and arms uncrossed, not because it helps with communication, but it is more comfortable for the human being. Can you see the difference? (Yes.) If you were to cross your legs now, it would not cut off communication with me. Do you each understand, because there is much said in your world. (*Affirmations*) I would say, the important issue is that you are attuned properly, that your thinking is correct and that your motive is good. Communication therefore will take place whenever those conditions are respected.

Sarah: Salumet, when I have had someone through me and I have had difficulty in getting that person to leave, I have been told to cross my arms. Is there a reason for that?

Yes, because it is a physical happening, which then allows your mind to return to the physical. That is why. There is too much spoken about *physical* and *spiritual* conditions. You might say, why therefore are we in dimmed light? That is slightly different, because I am using a physical body and for us who come that little further, it is more comfortable. But that is not to say it cannot happen in full light—of course it can. But we in our world are aware that the physical condition can sometimes be affected. Is this clear for you? (Yes.)

Lilian: The lady you are using went to a meeting whereby she was lucky enough to see an Angel. She was surprised at the size of the wings of this Angel—now she has no idea that I am asking you this question—I wondered, can the wings vary from person-to-person, is it in our minds or is it the being that shows himself.

Yes, you know of course that the thought is all powerful and the thought can create much. After all, when you come to our world then all is thought. But you do have to remember that within our world there are beings who indeed are indeed beings who are different from the physical beings as you know them. These Angels have never trodden your earthly pathway and yes, they do show themselves with what you would call *wings*. These creations are but variations of light. You have not been told about Angels thus far—I have told you that we will discuss it further—but you can tell this instrument whom I am using, (*Eileen*) that the vision that she saw is not of her own thought pattern, but actually the being as he would be. I will of course, when we come to that topic explain to you why the beings known to you as Angels, would appear to have what you call wings. For now I would say that is enough for the lady to know.

Lilian: Yes, we will look forward to you telling us about the Angels. We were just curious and I think she was surprised at the size of the wings.

Why she should be surprised, I do not know, (*Chuckles*) but of course when each one of you returns to physical life, you tend to forget, may I say, what you have experienced in the physical in the spiritual sense. The spiritual and physical existence is so entirely different.

Lilian: Would I be right in thinking that we have had a visit from our old friend (*Leslie*) this evening?

Sarah: I thought that, too.

My dear friends, you should never be surprised at anyone who comes to you within these conditions. Many, many, many are attracted to you, but I would say to you that whilst I am using this instrument, those who would desire to speak with you are kept back may I say for a short time—but there are many. Do not focus on one being, because always there are many.

Lilian: Would they come to listen to your words as well as we do?

I of course am teaching many, many whilst I speak with you. Not only do they gather in our world to listen to many speakers, but they are curious as to what we try to teach the beings of this earthly plane. But why should you be surprised, my dear friends, the thought is ever expanding and just because I use an instrument who uses physical words, that does not detract from the energy of the thoughts. Do you understand? (Yes, thank you.)

Sarah: Last week we had a communicator through Sue and she said that at each one of our feet there was a child and she was explaining what the child was like and how the child was, but she said the child had never been on this Earth. I was curious why they should have a physical form if they had never been on this Earth and why they would wish this. Maybe they were just taking on this particular form to visit us, but it seemed curious to me why they should wish to do that.

Because when a Spirit takes on the physical garb, although that child does not walk the earthly plane, he has still chosen two people to be parents. When that child returns to our world, that interest is still there. Although they have gained in knowledge and that is all that they have needed to know, still the interest remains, because once that Spirit has decided to enter a new body, it is essential that they continue to grow in our world.

Sarah: So these are all children that have been conceived, but have not actually— (**Yes.**) Ah, right, that makes sense, I hadn't realized that.

If the children had never been conceived, they would never return to this Earth plane. Is that clear for you? (**Yes, thank you.**)

Lilian: There is in this country at the moment Siamese twins—two little girls—but one of the twins she has no heart and a few other organs and she is virtually living off the sister who has got these essential organs. Is that one Spirit?

It is one Spirit but with physical complications. Remember that when the Spirit enters at conception, that it is now in the hands of physical living. We know that these problems confuse and upset many of you on this earthly plane, but that one child is probably not here to be living as a human being, but the purpose of that malformation is necessary, although you may not understand why—but it is but one Spirit.

Lilian: So if they were separated and one continued to live, the other would be nothing?

Yes, there are many questions in your world we know confuse you, but all becomes clear when you return to our world. All I say to you my dear friends is when you have such confusion within your thinking, then send out the thought to have it made clearer to you and you will find the answers.

Lilian: That is something we forgot. We must remember it more.

Always—and again I do not apologize for saying that your thought is the most powerful possession you have. Please use it in a wise way.

Sarah: If nobody else has a question, this is a very personal thing and I don't really know whether I should be asking you and you have probably already answered it by telling me to use my thought. My daughter is about to go on a trip and I have just heard that there is trouble in the place that she is going to go. I just wonder if you could make any comments to me?

You are a natural physical being, a mother of a child. That love and concern would be most natural for anyone. I would say to you only this: Look deep within your heart and know and understand that the children sent to you are only borrowed, that their life pathway leads them to places you may not always approve of, but it is *their* pathway. Think carefully that although there are many places within your world where there is much trouble, much anger, much devastation, you *cannot* stop another from living their life. Your children my dear friend are of an age when they know their own thinking, is that not true? (Yes.**) I would say to you, you have no worries. Let her go. (**Thank you.**) But it is difficult, we know, we know and understand the deep bond of love, but do you fully understand, my dear friend, that these children as you call them are also Spirit. They have chosen their lives, their parents, not so much as I have told you because of the people, but the opportunities that will be given to them, and may I say that this is one of life's opportunities for this one. Perhaps I can say again to each one of you, my dear friends, if only you would use your thought wisely, if only you would look inwardly when one of life's crises comes to the fore, if only you would remember my words, life would hold no fear for you, because you would be seeing life with spiritual eyes. That my dear friends is my mission here with you, that each one of you who listens to these words will grow and unfold spiritually to a degree that is unique to each one of you. After all your stage of development is very individual, but we have a common bond. Each one of you seeks *truth*, each one of you lives *truth*, each one of you wishes to spread *truth* and yet each one of you is held back by *fear*. This is my hope for you all that we can erase that fear from your lives. It is not a small task, but one that needs to be searched out quietly and slowly, but eventually I hope that when your time comes to return home, you can say, I have learned much. For this I only can give thanks to that Great Creative Force, which has allowed me the opportunity to bring you a little more knowledge. For this I will be eternally grateful. (*General thanks*) I know and feel your love, my dear friends, and I will always be amazed each time I come to you, to feel encompassed by it. I feel for this time that perhaps we have spoken enough, but remember my words, allow yourselves to recap on all**

that we have spoken about, allow yourself that regeneration of Spirit as we approach the winter of your time and let us work towards that rejuvenation of Spirit, in order that we can learn more on what I have to bring you in time to come. My blessings are with you all and now I will take my leave. (*General thanks and farewells*)

~23rd October 2000~

Good evening. (*General greetings*)

I have begun this time more slowly, because the instrument has small problem with her throat and I have been attending to it. Perhaps my dear friends this is an opportune moment to tell you that from our world at this moment of time, there is coming to your world many, many great advances within your medical world. Many of your so-called diseases of the Earth plane you know full well to be activated by mankind himself, but also you know and understand that most of mankind is looking towards medical people for help. This is, of course, offered by the people known to you as doctors, but also you know that it comes through those known to us as healers. Many of your doctors have the healing gift and through these people we are now working from our world with them in order that mankind not only has spiritual health, but earthly health also. Because by now my dear friends, you would understand that until the Spirit is touched there can be no health problems solved. You know and understand my dear friends that disease is the *dis-ease* of all bodies, the earthly, the etheric and the spiritual, but as I have said, mankind in general relies upon earthly doctors for their so-called cures of disease. To this end we are working in order that bodily needs be satisfied, but also that the healers within your earthly world can create for many people the opportunity to grow and understand themselves as whole beings. What I would wish to say this time—and this also applies to the instrument I use at this moment—that it is good to give of oneself, indeed it is admirable to give of oneself to others—to give of the Spirit to the Spirit—but it is foolish to give of oneself and not to look after the Spirit and body of that same being. Do you understand what I say to you my dear friends? (*Affirmations*) It is admirable to give, of course, and that is what love is all about, but you must look after your own Spirit, your own development and only then can you *give* love and help to *others*. Not only are there many advances being made within the medical world—it will come to light soon in your world the many advances being made—but great strides also are being made in communication with all of your electrical equipments. I have broached this subject before I believe with you, but now we are beginning to see the results of our labour with mankind and there are many within your world who now have very good communication with others from our world.

Lilian: So would this be all over our planet?

Of course, there is no *one* place which has the attention more than any other. All races, all manner of people are finding that their use of equipment is being used in the best way that it can. It will become more widely known, but remember that I have told you so. There also comes from our world at this time, and there is a great surge of love towards this mission upon your Earth, and that is one of raising consciousness among all people on the Earth planet. I can hear you say, '*But has this not already taken place?*' Of course it has, it is an on-going thing, but at this particular time in your consciousness, in your Earth consciousness, there is an upsurge of understanding, of great seeking of knowledge.

Lilian: I think perhaps especially in the younger people.

Yes, in all areas of living, in all people, in all of mankind on this planet. We are working on many areas of living. We are trying to achieve to be emissaries of that Great Divine Love, to bring to you understanding, reasoning, hope, all of these things which are necessary for the Spirit to evolve upon this planet.

Lilian: We are very privileged that you tell us these things before they come into fruition.

Yes. Many times we have attempted within your world to bring greater knowledge, many times have we attempted to bring mankind closer together, but always there is strife, there is unrest, there is this power struggle—man between (*against?*) man—but I can now say that we are beginning to make great strides upon your planet and although I can hear you say, '*But it seems very slow*', in your time, yes I

would probably agree with you my dear friends, but, as you know, *time* in our world means so little that these great strides being made now are happening quite quickly. Are there any questions anyone would ask of me this time?

Sara: Last night on television there was a programme about a lady who claims to live on light—on prana. Can you confirm whether this is possible or not, whether the lady is in fact genuine?

I understand what you say. Those of you who are clothed in earthly garb, have to survive with a physical body. In order for that Spirit to survive within that earthly body, the soul would have to use that body wisely and, although many people would claim to be able to survive on what you call ‘*life*’, I would say to you that it would be impossible, unless that soul has existed before and has come to this lifetime with a particular purpose in doing so. After all, your earthly body needs what you call water to survive. There are I would say, a very few masters in your world who could survive for some time, but not all of your earthly time without sustenance. Does that answer your question?

Sara: Yes, thank you.

What happens, if I may continue, that when the body is deprived of earthly food, earthly water, that is what is needed to sustain the body, the soul then retracts and you become aware—you are in a higher state of consciousness, and many people attempt this in your world. That is no bad thing of course, but the soul has to return to the earthly body to survive upon your earthly planet, therefore it is not wise to neglect the human body for too long. If, indeed, that lady you have mentioned has succeeded for so long, she risks the health of the bodily overcoat and she may find that her lifetime expires more quickly than indeed it should do.

George: The nature of time still keeps coming up. (**Yes.**) We call it linear time that we experience on the physical Earth (**Yes.**) and it is different in Spirit. Does this mean than when the soul requires further physical experience, that it is free to choose that experience from any part of Earth’s history or does the soul need to take account of earthly time sequence?

No, not in the manner that you mean. Of course, the soul is much more aware of earthly time and all that happens upon your Earth. Remember that when you leave this world, all becomes much more clear to the soul, but they are not governed in the same way as the human being is upon this Earth. But the awareness of course is there and they can utilize it for their own means. Is that helpful to you? Remember the Spirit does not return to your linear time, it is *part* of it. Can you understand? I know we have not gone into *time* too deeply, because I feel my dear friends, it is a subject that very few can understand until you discard the human form. (Thank you.)

Lilian: So we should be content until we join Spirit, maybe.

I do not say content, of course it is helpful to question sometimes, but what I do say to you is that my explanation to you would be limited because of your understanding.

(Lilian then asked individuals if they had any more questions)

I have to say my dear friends that when I leave you that I oft times am quite amazed by your conversations, because you often seem to find the questions when I have left you! (Chuckles)

George: This relates to the elemental beings that you talked to us about and to our agriculture and gardening. Probably the most widespread fault we have is using chemicals to get rid of slugs. These seem to present a great problem. It may be that there is a problem, because we have upset the balance of nature. It seems very hard on the slug to treat it with chemicals. Is this a problem to the elemental folk? (**Yes.**) Are we right to see this as a spiritual problem?

Yes, I understand the question. Yes mankind has interfered in all areas of what you term nature, but mankind is beginning to realize that it is far better to return to more natural ways. Yes, the elementals, as you have said, would find the use of chemicals abhorrent. You will find the beauty in nature in areas where there are not chemicals used, where mankind has had little to do with it. Therefore that is why, mountains, woodlands, streams are much more beautiful places and where you are much more likely to encounter the elementals. So, I would say to you my dear friend, that until mankind realizes—because after all this planet has been provided with—how can I say to you—any problems that arise also has a cure—not only with mankind, but with nature. It takes but a little thought on the part of the human being, it takes much prayer and thought for those who govern your countries, to understand the seriousness of all that they allow to happen. That is why it is imperative my dear friends, that each one

of you in your quest for knowledge and truth, seeks thoughts for all of this planet in order that only good emerges.

George: And as you say, the growing awareness is so very important.

Spiritual awareness is indeed what is necessary for all to be turned completely around, for man to understand his place in the scheme of life, in order that harmony returns not only to mankind, but to all natural things.

Lilian: There is just one other person who would perhaps like to come as a guest for one evening—my daughter-in-law. Would that be alright to invite her along sometime?

If, as I have said, all are happy with invited guests, then I see no reason. If I were to find any reason why, then I will tell you, but no, I am happy to welcome anyone who has genuine interest or knowledge or seeks truth.

Sara: Could I ask a question about auras? (**Yes.**) It is about the main colours in Graham's (*Sara's husband*) and my own auras. I have never been told in this group and I would be interested if you don't mind.

I will listen to your question, yes.

Sara: It is really just to ask what are the main colours of our auras.

I have spoken about auras before and you do not have static colour within the aura. You have to understand that aura changes. It is but a light that reflects many aspects of your being. It contains your spiritual growth, it contains your medical health, it contains your emotional state; therefore there can be no true colours which remain at all times. This again has to be understood by people who deal with the aura. It is a reflection of the spiritual being at any one given time.

Sara: Because there are lots of books written by people who say that there are one or two major life colours (**Yes.**) and I was a little unsure about that.

Yes. The only life colour which would be given I suppose, would be that of spiritual growth, but again, being human beings, being subject to emotional changes, will alter those colours. So be careful with those who give you readings, unless they fully understand the true and real nature of the aura. Is that helpful to you?

Sara: Yes, that is very helpful, thank you. So we can be any colour?

It changes from moment to moment. It would apply only to the time of what you call the reading. It is not a lifetime of colour. I would suggest perhaps that they are helpful in as much as they can show any problem areas within your living and it would perhaps give you the opportunity to grow from that.

Graham: Could I ask a question about auras? I don't really understand the nature of the light associated with an aura. Is it a physical light or is it some other type of light?

It is a spiritual light, but it can be seen usually by spiritual consciousness. All physical things have an aura, all living things, but it is spiritual light which is seen.

Graham: There was a photograph taken when we went to a reading once and that was very interesting, but again I wondered how that would work, because I guessed that it might be spiritual light and how a camera would take a photograph that is spiritual. Is this possible?

Of course, yes. Physical can capture the spiritual light. It has happened many times with cameras, where spiritual beings are seen. Remember all things are energy and perhaps then the understanding is made a little easier for you—but the light is spiritual. (Thank you.)

I feel for this time we have spoken enough and that I will withdraw from you, leaving you once more with my great love, and until we come together once more, I say to you all my dear friends, seek out that truth within yourselves, know that all things are possible with you and that I am always close by.

(General thanks and farewells)

~13th November 2000~

Good evening. (General greetings)

Thank you my dear friends for the love which you bring to us this time. I feel amongst you jubilation and some despondency. Throughout this time we will work with each one of you individually, in order that each one is uplifted in the way which is necessary to them. I know some of you have pondered the

words I gave to you about the slowing down of nature in your surroundings and my suggestions to you that you try to accomplish something similar. Have any of you questions for me regarding what we have spoken about?

Lilian: I have certainly thought about it and thought what a sensible idea.

But do you fully understand why?

Lilian: Not really. Does anyone understand why?

Mark: Only superficial things like the weather is colder, there is less sunlight and we get less energy from there. It looks like there is less vibrancy in nature: the leaves are dropping from the trees and rotting and we haven't got quite such vibrant green around and colours from flowers, so there is a bit less upliftment from scenery perhaps.

Yes and do you remember my words about why this happens that in disintegrating it is the step towards rejuvenation? Can any of you see this process from a spiritual viewpoint.

Sara: Yes, I see it in our lives and I see it in the lives of others that the old has to fall away for the new growth to come through. I see it in nature and I see it in the changes in our lives.

Yes. Can you also see the purpose of why I should ask you to find that common bond between yourselves and what you term *nature*? Yes, you have the understanding of the physical means and the physical ageing of the body, but cannot you see the correlation between human and nature, in as much as each is part of the other? Can any one of you begin to understand?

Mark: I see now that you begin to make a renewed effort in spring to come out of the slumber of winter together with the flowers pushing up, I can see the parallel there. And then you feel in a summer flow almost, your energy is higher and you feel lighter and you do feel more vibrant in a way.

Yes, and why should this be, but only that the Spirit has been uplifted and rested. But again because mankind has freewill, he is sometimes afraid to let go and slow down in order that the Spirit be rekindled may I say. What I wish you to understand my dear friend, is this from the spiritual viewpoint: Physical aspect you fully understand, but what I would wish for you is that now you begin to see yourselves, to elevate yourselves above all things physical and become part of what you term *nature*. Only in this way will your understanding grow, will your understanding be such that you become part of the whole. Do you understand? I do not feel that you do, but perhaps if it is a little difficult, I will return to this topic at another stage.

Sarah: It is a *blending* of us and nature isn't it?

Yes! You may well say I understand, I know what it is about, but until you come to the state of *blending* as you say, you will not fully understand how nature truly works within your own world. After all, are you not part of this human nature? Why then does humankind find it so difficult to become of the whole? This my dear friends is what I would ask you now at this stage of your awareness, to take on board and to consider, each one of you in your own individual way, to discover what you can give and what you can receive. This is a spiritual task for you all my dear friends and as we come to this time of slowing down within your world, I ask you to take hold of your thinking and discover for yourselves what you are about at this special time of raised consciousness.

George: I have read about people in the Buddhist philosophy who would sit beneath a tree and think about a plant or a bud and they would almost become that bud. Their consciousness would seem to take on the consciousness of the plant.

That is precisely what I would wish for you all to achieve. When awareness is such, then you are part of the tree, you have the understanding of the tree, of the flower, of the bud. It takes much of your time, of your thinking, of your understanding to reach these stages of development, but my dear friends you have that power within yourselves, but only you have that within you to do these things. I can try to encourage, to uplift and to help you, but if you do not use that freewill, then you become static in your growth and this we do not wish for you. Think carefully my dear friends. I have been leading you up to this moment if you like, by speaking to you about the nature beings. There was a purpose for those discussions in order that each one of you could become a little more aware about of who and what you are.

Lilian: So it would help us to be in the quiet places where there are trees and water, would it?

Of course any time spent in quietness can only enhance your awareness. It is the way forward for humankind, until they reach such a state as the gentleman has just discussed. It is but practise, dedication and understanding. Does anyone have questions, please?

Lilian: I went for a walk the other day with the water, trees and the air, and I was thinking of these creatures, but I didn't see any I must say, but I was aware that they must be there.

Yes, any awareness can only be good for the Spirit, but it is all too easy sometimes when we have discussed these many things for each one of you to return to your earthly lives and forget what has been spoken to you. Forgive me my dear friends if I continue to remind you, but can you see that all of these creations and nature beings and yourself belong to one energy? (Yes.) All that is needed is for the knowledge and the understanding and the utilization of that understanding to help you forward in your own growth. You understand? I think we will leave it here for this time, but I have promised you that I will speak to you about Angels, but I feel that perhaps until our new year in your world, that will be the time to speak further about this topic. I would like you my dear friends to consider what we have spoken about at this time. So, if you have any questions about anything other than what we have discussed, I am willing to answer them for you.

Sarah: When you said that we humans made the Earth because we needed it, when it was made was it perfect and then have we gone astray or was it slightly imperfect in the beginning and we are trying to make it perfect. I don't quite understand.

Yes, let me say this to you, that universal laws are always perfect in their planning—that is the first thing you must understand. But of course you know that this planet is an imperfect world, and so it was meant to be, because those Spirits who come to the lifetimes upon this planet, do so for growth—that is why. But the plan for this planet was *perfect*. So, yes, the answer is both perfect and imperfect. Does that make sense to you?

Sarah: Yes, the plan was perfect, but in actual fact it did not turn out to be perfect.

Yes—no, no, no, no, no, your understanding is wrong. Natural law is always perfect, but this planet was provided for humankind with all its imperfections in order for the Spirit to grow. That is why mankind was given freewill in order that it be used to create perfection. Do you understand? (Yes.) But remember all universal law is perfect.

Sarah: So the animals that are on the Earth, they are also here to learn, but they seem to be more perfect than we are. Is that correct?

Do you know this?

Sarah: No, but I just feel that their life is more ordered—I do see some things in nature with the animals that perhaps I don't think is very good, for example, some monkeys eat other monkeys, but generally they seem to be more ordered and they don't seem to have such a nasty streak in them as some of us, perhaps.

Yes, mankind has always been puzzled by the happenings within this planet—that is not for them to judge. All has been planned and of course mankind over time has lost his spiritual attributes to a great degree and has created upon this planet much that should not have happened. These things have happened because mankind has freewill. The animal kingdom in all its stages also is evolving. This is a planet for evolving, this is a planet of learning, this is a planet that because of man's thinking, has become one of much disruption and disease, regrets and all other human failings. That is not to say that the universal plan for this planet was wrong, only that humankind has abused those laws. But all works well. Mankind has to learn and *is* learning at a very fast rate, that he is responsible for the upkeep of this earthly planet—that knowledge is becoming more widely known. But yes, it is an imperfect place, but I would say to you this my dear friend, it is not for you to judge. As I have said to you so often, you do not see the wider scheme of life. I know that it is difficult to understand, but so often my dear friends you torture yourselves with many things that you cannot change. And let me reiterate for you that the best you can do is to send your thoughts for good; in that way not only are you growing, but you are helping all of mankind. Is that helpful to you? (Affirmations)

Graham: Is it possible to encourage plants and trees to grow by communicating or attempting to communicate with them. We used to have a cherry tree in our garden and our neighbour, who was a dear old lady, used to communicate and talk to that tree every day; she felt she had a relationship with that tree and the tree grew better as a result of this. Is this true?

Why—you are continuing with what we have been discussing. That dear lady, as you call her, had an awareness that the tree would blossom from the love that she gave to it. If she were to go one step further she would be part of the tree and the tree would blossom as she herself would. It is an exchange of energy and love. So therefore, of course plants, animals and all of vegetable life respond to love. That is your key word for all of living, Love.

Graham: Yes, very interesting to hear you say that, thank you.

Sara: A lady I know who is advanced in years was surprised and delighted to find that she had a Spirit friend talking to her and helping her in practical ways. Is this quite unusual?

Let me say this to you, that as we have discussed before, children are aware of what you call *spiritual friends*, as are all mediums and those who give of their selves and their time. In some individuals who get to what you call *earthly elderly age*, they are reaching out to Spirit life, if you like. They are closer to our world than they are at times to this Earth. Therefore the opportunity is open to those who stand close by and who probably have been with her for many of her earthly years, but she would have been unaware of them. I would say to you that this lady has now reached the stage where her awareness is open, where her vision is clearer and therefore contact is easier. I would say to you that she is now probably closer to our world than your own. Is that helpful to you? (Yes, thank you.)

Lilian: Paul, do you have any questions about your travels?

Paul: No, not at the moment, thanks.

He needs no questions. He knows we travel with him. (Thank you.)

Sarah: You were talking about our medical advances and there was a programme on the TV recently talking about such advances. There was a programme about the Icelandic people who can trace their ancestors right back to the Vikings. Many suffer from cancer and they can trace back generations showing the deformed gene they all have. You said to us that we create the diseases we have in past lives or in our own life. If people come back with a defective gene, do we trigger off the problem with the disease whilst we are here by what we are doing now and can these people avert getting cancer even though they have a deformed gene by the way they are living today?

Yes, I understand your question. Yes, let me say this to you: In situations as you have discussed, these are of course *karmic debts*; you all understand that term I know. But of course you know that the power of thought that is given to each one of you when you come into this incarnation, is entirely your own responsibility. Therefore I would say this to you, that although this group of people have come to this lifetime with what you call a *deformed gene* and I would call a spiritual debt, people *have* the ability to change their lives and rid themselves of spiritual debt. That would explain why not every single one of them would trigger off the disease. The way they live their life will dictate whether that disease becomes ripe and vigorous, or whether it can be changed. Let me say to you my dear friends, that each one of you has the ability to change the very cells within your body. It is not easy I know, but you have the power each one of you, to change it.

Sarah: And would that mean that if we come with a spiritual debt we can rid the soul of that debt in this lifetime?

Of course, but again it belongs to *you* and to *you* alone, but with the help of the many you call *healers*, who are here to help and to advise you and to bring to you that touch of spiritual light, which is needed for you to dispel that spiritual debt.

Sarah: So that would be probably one of the reasons why they would come back, to rid themselves of that spiritual debt?

Yes, as a people they would have chosen that life. Is that helpful?

Sarah: Yes, thank you very much.

I think for this time my dear friends, there is much for you to consider. I thank you for inviting me into your lives. I hope that I have given you some new food for thought, as you say. (*affirmations and thanks*) I leave you now my dear friends in the knowledge that each one of you will leave here feeling a little more uplifted and I hope with a little more purpose in your lives, a little more understanding of all that surrounds you. (*General thanks and farewells*)

~20th November 2000~

Good evening. (General greetings)

This time my dear friends, we extend warm welcome to those who come to us for the first time. They are not unaware of spiritual matters, therefore I can speak with you my dear friends in a manner fitting to this group. I would like to say this time that within this planet many things are happening, many thought structures are taking place within your world. I have spoken to you recently about the world of nature which is around you, we have discussed the dying down and the rejuvenation of all manner of things. I would like to say this to you my dear friends, that within your world at this time, the awareness which is among you, the awareness of all that surrounds you, the awareness of your own nature is coming to the fore. You will say, I can hear, '*But why do we have so much destruction, devastation in our lives?*' Remember my words, that before there is rejuvenation, there is always a dying down. So too, this applies to humankind, and I can tell you my dear friends that humankind is beginning to see with those spiritual eyes and not with physical and materialistic ones. I have told you that many in your world will benefit from new medical knowledge, which of course you know originates in our world. So, too, will new knowledge extend throughout this planet, in order that mankind can benefit from all that he is given. There are many with you upon this Earth plane, who have come to uplift, to help and to restore harmony to this planet. They are not without difficulties, of course, and we cannot change the power of your thinking in such a short space of time, but I have told you, and I will reiterate again for you, that this time mankind cannot ignore truth. He *is* beginning to understand, he *is* beginning to see that you are part of the whole. You are not separated from the rest of all of Creation. Until that is fully understood, we will always have what you call disasters upon this Earth plane. I do not wish to give new information this time, I will wait until we are gathered in with all of those who come to us on a regular basis. So therefore I feel it may be apt this time, to allow you all to ask of me those questions that you may have, questions as you always know of a philosophical nature, because I will just say gently to those who come to us this evening, that my purpose here with you is not to answer on any personal level, because there are many within your world who are here for just such a reason as that. Therefore my dear friends, if you would like to discuss anything this time, let us begin.

Peter: Is it possible to ask a question on healing, healing energies. (**Yes.**) Why is that those with mental illnesses—it always seems harder to improve the situation with people who have mental illnesses than it is with more physical disability. I can understand energies vary and are used for various levels within the being of a person, but it always seems to me that when I try to improve a situation as a mental illness that I am up against the same thing—it's just to '*calm the mind*', which seems to be as far as I can go. If there is a chemical imbalance and there is a shortage of a certain chemical, I can appreciate that it may be difficult to make up that through the healing or the healing energies, but why is it that we can't make any lasting improvements where mental illness is concerned?

Yes, I understand your question. Firstly let me say my dear friend that all of you that are used for healing, we say to you a large 'thank you', because without your help we would be less than helpful within your world, although you know full well that the touch is not necessary for healing to take place. Let me just say this to you: you must understand that healing comes from our world—it is Spirit to Spirit to Spirit. Therefore you must not become too concerned with the physical condition. What you do not understand *fully* is that it is the *Spirit* which is being helped—you know this of course. (Yes.) Yes, it is not always possible for physical healing as you would say, to take place, until the Spirit has been touched. That is the object of healing, you understand this? (Yes.) You must also remember, that although you are the channel for any healing, *you are not responsible for the outcome*. Remember also that the person who comes to you, is in fact the one who has the greatest responsibility. Therefore when it comes to what you call mental blockages, these people sometimes come to this life, knowing exactly what they need to achieve. Therefore it is paramount that you encourage whoever comes to you with any mental blockages, encourage them to understand fully what they are about. You, my dear friend can only be used as the channel, and the best that you can do is to do your best with those who work with you. Do not try to judge why one will have healing and why one will not.

Peter: No, I don't do that, I was just concerned that with people with mental illnesses, you cannot talk to them in the same way as obviously you would to someone who is compos mentis, so therefore regarding anything that is philosophical, which would help in a spiritual way would be wasted. It is just that with the healing energies, can they adjust the mental imbalance or imbalance of chemicals that are causing it? Of course, because you see within our world our knowledge is fuller and greater. Therefore you cannot judge what is taking place within that being. Remember because you do not see the outward signs of healing, that does not mean that the Spirit is not touched. This is the difficulty that humankind has with healing. You must give of yourself, you must give *love*, you must allow those influences from our world to work through you; you cannot do better than that. I would say to you this my dear friend, that those who work with you (*slight pause*) —yes, those who work with *you*, realize that there is a little difficulty when it comes to patients of this type. May I kindly say to you—and I do not say this unkindly—but the fault lies within yourself. Look inwards and then you will begin to understand. Do you understand what I say to you?

Peter: Yes I do, I know what you mean. Thank you.

Think, go inwards and you will find the answers, but I would say this to you my dear friend, you cannot alter what is meant to be. I know when those of you that are used for the healing energy, you find it difficult when those who come to you do not respond quickly. But let me say only this to you my dear friend, that only those who are meant to come to you will, and do you not see that those who come to you, come not to you for their benefit just, but also for your own soul's growth. (Yes.) Can you see this? There is always a deeper purpose to all things. Does that satisfy you my dear friend?

Peter: Yes, I think I overlook things in my enthusiasm to try to improve the situation and one forgets... Yes, you feel it deeply I know, but what you must do is to begin to look at it from the wider viewpoint. Look upon it as a spiritual problem and not one of the material world and this I know you can do. (Thank you.)

Graham: I think this is probably something you've touched on before and it was about personality and how children from the same parents can be so very different. I understand that part of each person's soul is coming through into the physical body, but the personality we have, is this something that is part of our soul or is it something that is engineered to help us with our life path and we have a particular personality to help us fulfil just our life path, so it is an artificial thing that is set up?

Yes, I understand. When you speak of personality, personality I would suggest belongs to the physical. Spirit comes to this world—as you know, it has chosen the pathway that it intends to take, not because of the people that it will be surrounded by, but because of the conditions which can be made for that lifetime. You understand? But when the Spirit joins forces with the two other human beings, then that personality is formed from the beginning in the material sense. What I think you mean, is does the Spirit bring with it anything from our world and of course the answer is yes. But personality I believe belongs to this world. Many factors form and knead that Spirit in the human form. After all, you are both Spirit and you are human; there has to be a balance. But of course that Spirit brings with it many aspects of spiritual life, any memories which help to form what you call personality, but which in fact is not to the forefront of that human being's life to begin with. But many aspects of Spirit come forward as that person grows in knowledge and understanding. Do you understand? (Yes.) There is no *one* straightforward answer to this—many factors are important. (Thank you.)

Paul: I had a question about animals that become extinct. Is it possible for any to be recreated? No, you cannot change the scheme of life. If animals have become extinct upon this planet, there has been a good reason for it. We might say it has been the interference of mankind, but there is plan, there is a life plan for all of living and if these animals have become extinct, then there is no reason for them to return. This is a difficult subject for you to understand I believe, because we know that mankind has interfered so much within your world. But what you must try to understand is that these things would not occur if the plan was not perfect in a way in allowing it to happen. Can you understand this my dear friend? It is difficult I know, but what would be the purpose in allowing an animal to return to this world once all signs and life of it have been extinguished?

Paul: Yeah, I think I understand. It is having faith in the perfect plan.

The perfect plan and after all it is part of this earthly world's evolution. Remember too that this planet has evolution and the life structure of it cannot be altered. Man can interfere, man can change, but it cannot change the overall plan of evolution. Does this make sense to you? (Yes.) I know my dear friends that many of the things I tell you are difficult to understand or accept, but that is my purpose in trying to help you to accept and understand these things.

Jane: Can I approach the question of global warming, which I am sure concerns everyone in this room and is that going to be our pathway in the evolution of things that you have just described. Is this planet going to destroy itself and can we intervene as governments around this world anticipate they will have to do? **I will speak briefly to you my dear friend. This has been discussed at some length with those of us who meet.** Yes, mankind has interfered in this world on this planet, but as I have said earlier, there is a new awakening and mankind is now at this moment in this Earth's evolution, aware of the danger and the damage which they have created. Mankind, I can tell you categorically, will *not* destroy this planet, will not destroy this planet. Mankind has reached the point, when he is aware and beginning to understand, with the help of all of *you* and many people like you, who give of their time, their thoughts, to help this planet to a new beginning. All is known; all always has been, always will be. This aspect of time is a subject which mankind finds most difficult to understand, but I can tell you, all of you, that mankind does not have the power of destruction over all of this planet. (Thank you.) Do we have more questions, please?

Peter: One of the things I have asked Spirit in the past, was whether there was destruction on a very large scale way back in time. There are various stories that have cropped up relating to floods and fire, and maybe atomic, I don't know. I was given to understand that there was such a thing, whether it was destroying the whole planet was not discussed, but whole-scale destruction did take place except for perhaps a few people who started up again or kept the race going.

Yes, let me say this to you. Much has been spoken about this planet, about destruction, about rejuvenation and many, many things. What you must understand is that mankind in past times has been destructive, we cannot deny that. We cannot deny, as the lady has previously said, about what you Earth beings call global warming; all of these things takes place. But what you must also consider, and it is just as important, is that this planet has a life-plan also, that the planet is evolving, that there will be natural disasters, not attributed to mankind, but to the evolution of the planet. You know I am sure my dear friend, the power of what you call nature and its forces. There will always be what mankind terms disaster and which my dear friends and I have discussed—who is to say what is a disaster? Who knows the purpose behind all life? Only those with extended knowledge in our world can know the full scale of what is happening within your planet. You speak of a small number of people who continued within this world, after so many disasters I believe this is what you said; if those disasters happened, then I would say to you my dear friend, that was part of the evolution of this planet.

Peter: So it is possible if there was such a thing then, it wasn't created by man, it could have been a natural happening or phenomenon?

Yes, but you have to accept that mankind has been destructive in his thinking. I am not saying that mankind did not play a part—of course he has, and throughout the whole existence of this planet there have been many changes—the extinction of many of the animals as the gentleman has said, has been down to forces beyond mankind's control, but all works towards the evolution of this planet. What mankind has to realize is that he is but a small part of this Earth. Forces of nature must play their part as does mankind. Again I would say to you, when you think my dear friends about these many matters, try to see it from a spiritual point of view. Do not view these things from the thinking, the human thinking of the human being, because then you become lost in the many aspects of earthly living, which will only confuse you. I would suggest again my dear friend, to continue to ask those who come close to you, to give you some explanation if you are unclear. But I will say to you this as I have told my dear friends here, that in accordance to the growth of Spirit, that is the information you will be given. You must know also that there are many in the Spirit world, who have less spiritual knowledge than you would do yourself, therefore what you must try to know and understand is that there are many degrees of knowledge and understanding. That is why it would seem so many pieces of advice given, which seem to contradict. You must remember that who brings you the information can only give you the knowledge

that they have gained. But again I say to you, my dear friend, look inward, know and understanding what comes from within.

Peter: Yes, I realize that. Over the many years the awareness increases (**Yes.**) alongside with the knowledge, but I get to the point sometimes—should I be asking questions on such deep philosophy? Is it going to do me any good or can I help anyone else with it? I think, as you said, according to the need really, therefore one should absorb the knowledge. If I told people about things that happened millions of years ago it wouldn't help them to sort out the emotional problem that they have today, for instance.

No, but the knowledge would be for own good. There is no doubt that as awareness grows, and we are well aware of it within this room, that the more that is given, the more you need to understand, that each seed that is sown produces another seed of doubt, or a seed of knowledge to be gained. But yes, awareness grows—it should never stay at one point, because whilst you are upon this earthly plane, your knowledge, may I say in all kindness, is very limited. Therefore, the more knowledge you can gain, the more your understanding can grow, the more you listen to those who come close to you, then the greater that Spirit will shine forth and the more that people will be attracted to you and then you can extend that knowledge that you have to others. Only, my dear friends, when you understand yourselves, can you begin to understand others. This I have told you many times and I have told you also, as many of you here know and understand, that what I try to teach and bring to you is the power of your own thinking, the *Power of Thought* is what is the most powerful asset you have, because Thought belongs to Spirit. You all understand this, don't you? (*Affirmations*) If there are no more questions this time, I will leave you and allow any others who wish to speak to come to you. I say to you my dear friends, I leave you with my love. I ask that each one of you have upliftment in your lives, that each one of you goes forward in your understanding and with great love. (*General thanks and farewells*)

One followed through Sue, commenting on the energies in the room and how the new guests had added well to the mix and that they were very welcome to sit in the circle again if they wished to do so.

~4th December 2000~

Good evening. (*General greetings*)

This time let us begin by giving thanks to that Divine Energy for this union. For this coming together this time we ask for upliftment in our daily living in order that we continue with the work and words which are given to each one of you. I feel my dear friends, that each one of you in your own way is in need of some upliftment at this time. So I say to you that, as you leave us this time, you will feel the benefit of our combined love. (*General thanks*) We are approaching the season of goodwill within your world and I have spoken to you recently of the slowing down process, which affects all of your planet, especially in parts of the planet which you call your winter times. I have explained to you that these times are of importance to you all in order that there can be rejuvenation of the Spirit within all things. I say to you my dear friends, the time is approaching when I also must take leave from you for just a short time, in order that we may also find upliftment and rejuvenation of Spirit.

Lilian: Yes we understand.

We too gather within our world at these festival times and we do have the same counter-parts as in your world, in order that each of us can return to our own place, in order to record and to learn and to discuss what we have achieved and what we have not. Therefore, it is not a time of just withdrawing from you; there is a purpose. I will say this to you my dear friends: I will come to you one more time before I withdraw for a few of your meetings.

Lilian: Yes, we do understand.

I know you understand that communication with you entails many complicated issues—much lowering of consciousness and vibration. It is good that those of us who communicate with you upon this Earth on a regular basis, it is important that we return at least in part to that vibration to which we belong.

Again, because we are few in number, perhaps we will give of this time to discussion.

Sara: Can I ask about bullying with children. Sometimes I am not sure what to advise children when they are being bullied. Is it good to tell them to send loving thoughts for one thing. Can you advise?

Yes, my dear friend, let me say this to you. Always you are a little afraid of physical happenings within your world—that is because you are most sensitive and the more you become *aware* of our world and all that it holds, the more sensitive you become to the happenings in the physical realms. When you speak of loving thoughts, I hope that I have taught each one of you that loving thoughts are part of your makeup, are part of your creation. Therefore to teach children these things should not require much thinking. Every child from the age of understanding should be taught about the power of their thinking. They too can create for themselves much good or much sadness within their lives by the way of their thinking. But let me also say this to you my dear friend, you cannot protect your children from *life*. They must experience *all* of those experiences of life, in order for them to grow. And although as parents you find it difficult to stand back, you must do so. Unless you see any danger to that child, you must allow the child to evolve in his or her own ways. I know this is difficult to accept, but it is a failing on the part of the human being. Remember what I have told you: you cannot interfere in another's life. You can guide, you can help, you can uplift and most of all you can *encourage* and you can *listen*.

Sara: Yes, thank you, that answers the question.

But encouragement to give of oneself should be encouraged, especially in the thinking. You know full well my dear friend, that all powerful thoughts never fall by the wayside. This applies to the youngest of children, until such times you depart from this world. I would say to you, if you wish to help this child that you speak of, then you must encourage her not to be strong physically, not to be hurtful with words, because that is not the correct pathway, but to become stronger from within, to begin to know from inside their own strength and, after all, even children have that knowledge from within of what is right for them.

Sara: Yes, I think she is strong in Spirit, because I think she has a very strong sense of what is right, but she suffers sometimes.

Nothing that is achieved cannot be achieved without some suffering. I hope each one of you understands this, that to achieve greatness of Spirit, you must have suffered to some degree along life's pathway. I hope you understand this my dear friends. (*Affirmations*) So I say only to listen quietly, to help her if she asks you, but to give her the knowledge that she is strong from *within*. When that knowledge is gained, then it is seen from the physical aspect and she will be known by her light and her strength. She *is* capable of understanding.

Sara: Yes, thank you very much, that has clarified what I felt—

Be guided always, not only towards children, but in everyday living, be guided from within and you will find the way and the correct answers to your questions.

Mark: I read in a newspaper about an experienced pilot who was flying in an area known as the Bermuda Triangle and apparently he looked out of his window and he was not where he was meant to be—he was miles off course and he looked at his computer readings and they showed that he was flying at something like 2,200 feet and somehow he had got over a mountain range that was 3,000 feet high. I think the suggestion was that he had entered this special zone and he had somehow entered a field where the normal laws of physics that govern this planet—gravity and various things, had apparently disappeared and he had appeared in another area. I wonder if you could shed light on that?

Yes, there are in this earthly planet many areas where mankind would say it goes against the grain of understanding. This applies not only to this planet, but to many, many, many others. We enter into the realm of *time*, my dear friend, the subject which I have thus far discussed little with you, because I have always felt that your understanding is not great enough as of yet. I would say to you that yes, there is a *time 'warp'*, I believe you would say, in many areas of this planet. Yes, I am aware, as are many others, that these experiences are baffling to many.

Mark: If you were looking at that plane as it entered that zone, whether the plane to your eyes, would just disappear.

To your eyes it would disappear, because it has entered another dimension of *time*. To our eyes it is a natural occurrence, it happens at all times. It is the ignorance of mankind about the times zones and the dimension of time.

Mark: And in an instant that plane suddenly is somewhere else?

Yes, it is another dimension of time, it is not unusual from our side of life. The understanding is not always understood by many here, but it is a time dimension not as yet fully understood by people upon the planet.

Mark: And I would guess that those ‘zones’, whatever you call them—the people who know and the energies that know how to use them can do their space travel and get to all kinds of places just like that. **Yes, the understanding of time dimension is a difficult one for you, but yes, as I have said, there are many areas in your world which hold these dimensions of time. It is not unusual, after all, how do you suppose the future is seen if it is not the entering of another time dimension? It is a little the same I would say to you, but slightly used differently by those who have the awareness and consciousness of seeing what is ahead. After all it has happened if you can see the future. Do you agree? (Affirmations) It is just travelling to another dimension, whether it be with the spiritual mind, or whether physically travelling as you have said, into the time dimension which is encompassed within your planet. There are many, many of them, but as of yet little is known about them.**

Mark: I understand that quite a lot of people have got lost in them, (Yes.) so I would guess that they are not on their life path, that they weren’t meant to be there and I wonder what happens to them? **You should not make assumptions my dear friend. Who are you to say that it was not their life path? You cannot say it was something that was not meant to happen; perhaps for them that was their exit from this way of life. It does not mean my dear friends, that you go into another time dimension and disappear forever. There are many in this world who would be able to tell you that they have entered another time zone and have returned to tell the tale. Therefore I say to you my dear friend, do not make assumptions, do not judge. Is that helpful to you? (Yes.) The experience of time travel, time zones and time dimensions—call it what you will, is a very difficult subject for us in our world to try to explain to you, because your understanding as of yet is not great enough, but it is something that causes great interest within your world and many are being inspired to understand and to take aboard all of the knowledge that is being offered to them.**

Sarah: My mother once saw something that she saw happen in the morning, but in fact the occurrence did not take place until the afternoon. So she had actually entered a different time zone. (Yes.) So could she enter this zone at any time if she were so able to? Why should she just have that one situation? Was she in an area with a different time zone or is she capable of doing it herself with a little more knowledge?

Yes, there is a difference between entering a time zone physically as the pilot that the gentleman spoke about, and entering a time dimension through the *mind*—that is the Spirit coming to the fore. Not only can you move forward, but you can go *backwards* in time. There are many who could tell you of this type of situation. Many people are afraid to speak of these things, because they are ridiculed many times, or they are afraid that their own sanity as at stake, but in cases such as you speak my dear friend, that is the mind of the Spirit, which at any particular time can be to the forefront of consciousness, that is all. (Thank you.)

Lilian: Last week, through the other medium, Sue, someone came through and said that this group that meets here on a Monday and the group that she’s met in Reading would be connected somehow. I wonder if you could tell us how they could be connected. It was the group that Peter came from.

I am not aware of connection between these two groups. Let me say if the communicator felt some connection between these two groups, so be it, but I say to you my dear friend, I do not see the connection in any way spiritually, other than an interest in what each other does.

Lilian: I must say I didn’t feel there was going to be a connection.

I cannot say more than that. That is what I know and feel. (Thank you.)

Sara: I am not sure if the subject has come up before, but I wondered if you could talk a little about homosexuality and sex changes. I am just wondering, these are obviously a part of our life and we love and accept all people. Is it part of their intended life plan, to have to change their sex? I know it is only a physical happening.

Yes, I have spoken on the subject before, but I will speak briefly this time. Yes, we have discussed why there should be this, shall we say maladjustment within the person, who feels that they are perhaps trapped in a body sometimes of the wrong sex. When you talk of homosexuality, I believe you call it, there are many reasons. Sometimes the Spirit is anxious to return to this planet for whatever purpose

and will enter a physical body a little too soon. Do you understand what I say? (Affirmations) And this therefore causes some few problems within the physical makeup of that Spirit. There is confusion and the physical outcome can create many problems for them. But once that Spirit has entered the physical creation, then freewill takes over. There is no one really explanation to give you, there are many, but these people have suffered at the hands of mankind, when, after all, what is important, but that you all do love one another and provided there is no harm done to each other, then I would say to you my dear friends, accept with love all human beings, because they also *are* a spark of the Divine Energy and who are you to judge? (Affirmations) Again we come to judgement and you must try my friends never to judge another, because you do not see the full picture of creation.

Mark: Would you say though that it's not right to say there's a genetic homosexual, as some people do try to say?

I would say that genetics has little to do with it, but I know and understand there is much dispute within your world. All I can say to you my dear friend, is that from the spiritual standpoint, it is an urgency of Spirit to be recreated into the physical, which creates this problem. Do you understand? (Affirmations) After all, I believe if you were to speak to a person of this nature, what would come mostly to the fore, would be the emotional makeup, rather than the physical makeup. Do you agree? (Affirmations)

Lilian: At the end of the day, it's the spiritual side that's the important part.

Of course. To give love to others is of more importance. After all, there are many types of human being that tread this planet—many types of people. And after all, *gender* is but a small part of the physical makeup. (Lilian asks the group if there are any more questions, which there are not)

I will take my leave of you my dear friends. I thank you again for your love and your welcome, which as always I feel so strongly. I will withdraw and work quietly with this one (Eileen) for a short time.

Therefore I will leave it with you to see what else develops. (General thanks and farewells)

~11th December 2000~

Good evening. (General greetings)

I would like to begin this time my dear friends—that also includes those who are absent from us this time: *I would like to give thanks to that great Divine Spirit for the many times we have come together in this one of your earthly years, which is slowly coming to a close. We give thanks for the joining together of those hearts, of those minds, of those Spirits, who have sought after knowledge and truth.*

My dear friends to you I thank you for the love and the welcome that has been extended to me each time we meet. I will return *home* for a short time, in order that I can recoup of spiritual energy, in order that I may return to you—if you will allow me to—(strong affirmations) in order that we can continue with any teaching of new knowledge, which you can find acceptable.

Lilian: Thank you for coming as regularly as you do and for the love that you bring and upliftment.

Without you I could not do the work that I do. Therefore I say to you, my dear friends, my thanks goes out to each one of you. Although there are some of you who are not aware of those who come close to you, let me say that they also thank you for your patience, your quiet gratitude and your willingness to go forward with truth. You go forward fearlessly and each one of you has expressed to many within your world, of the truth that you have learned. At this moment in time, I am asked to thank the gentleman who has completed many words in book form. We know how much time, how much effort this has been for him and those from my world have asked me to extend their many thanks to him.

George: Wonderful! Thank you very much. I think it is I who should be doing the thanking, because I really have been helped, I know and if it is convenient later, I would like to give my formal thanks to those who have been in touch.

Yes, they are not deserting you now; you have more work, my friend! You may not be fully aware at this present time, but those who gather around you, have seen the potential for issuing forth spiritual matters and we cannot, how can I say, let you go! (Chuckles)

Lilian: We're very lucky to have him in our group.

George: That is good to hear.

Although each of you have many separate lives, each one of you is important to this work. Each one of you has gone forth in your own particular way at every opportunity. You are given the opportunity many, many times, but in seeking those opportunities, you must make use of them, and I tell you my dear friends, each of you has achieved this many times over. As we come to close for this one of your earthly years, I ask you my dear friends to reflect upon the many subjects that we have discussed—and they are many. We have continued on many themes which have been discussed sometime ago, but that is the purpose of teaching, that you continue to uphold what has been given and then to take the further step forward. My dear friends, your foothold in this work is steady and sure. As you approach your festivities in this world, I would ask of you my dear friends, that you consider the joy of your little children, that you find within your hearts, that love, that joy, that innocence and try to recapture some of it within yourselves. After all, why do you think children are so full of joy? It is because the Spirit is closer to our world for some good number of your years. Have any of you seen the joy that shines from a small child's eyes with wonderment of life, (*Affirmations*) the joyousness of living and the wonderful way they have of pushing aside any small problem that they have? I would say to you this my dear friends: try to recapture some of that Spirit within yourselves over this holiday time. Not only do I say dear friends, reflect upon these things, but go inward and recapture what is truly you, recapture that honesty of Spirit, that joy of Spirit, that truth of Spirit and then, and only *then*, will you begin to understand what we are trying to achieve with you. Now, if you have questions for me before I depart, I will be only too happy to speak with you.

George: Would this be a convenient time for me to give thanks those who have helped me with my writing. I would very much like to do that. In fact I have a dim red light here and I would very much like to read a small acknowledgement which I have in the book if that is in order?

I would say only that those who are close with you know of your words, but for the purpose of the others, then we will be glad to hear them. If you will give me a few moments I will withdraw a little further in order that you may have a little more light, but please do give me just a few moments. (Pause)

George: I would like to say this—this is from the book. I acknowledge with thanks the writings of all those authors whose works are listed in the bibliography without which, this book would simply not have been possible. Those works embrace a great many subjects which I list, and I go on to say: Many of the writings have been inspired and my debt is therefore not confined just to Earth plane. In fact, in order to adequately research our connection to Spirit realm, I was drawn to sit in with a Spirit/healing circle; a most excellent circle that had already enjoyed several decades of dedicated work. I have continued to sit regularly during the six years of working on this book. My thanks to Leslie and all concerned. As a result of this I have found myself in the privileged position of being able to seek answers to certain questions or confirm information, through Spirit communication. (*all recorded and transcribed*) In this way it has been possible to make clearer statements on such puzzling topics as: the Tunguska event, the Noah's ark story, and a number of other items listed. I am therefore deeply indebted to many information sources, both in this world and the next. Now I would also like to say that I feel much more like an editor than an author, because I have received so much help. In the early days there were two psychic readings, in which a Siberian guide who was named Achinac Fervos, and my father came through and gave me some initial guidelines regarding the book. And then there is the work of Leslie of course, our old friend, and I hope that he has the awareness that this book has now been published and it includes the words, or some of the words, of a North American Indian gentleman named Long Shadow and people who Salumet has very nicely organized to come through for us: Mary Stuart, Sophia known as Catherine the Great, a Light Escort Edwin, who talked to us about prayer and one who talked to us about the bible code. And then there is of course Salumet, to whom I feel very much indebted and, in thanking Salumet, I realize I am thanking the whole diamond and the logo that is on the jacket of this book is enclosed in a little diamond in token of that. I hope that his book represents a first step and will be a first step to publishing further teachings. Thank you, thank you, thank you. I apologize for the light that may have been a little bright, sorry about that.

Thank you. Would it interest you to know, my dear friend that all of those peoples you have given thanks to were able to see your words in print before it happened on the Earth plane? (Ah!) So, you see,

perhaps we had the advantage over you! (Chuckles) But I am to tell you that your thanks has been accepted and you will be encompassed with much love as you continue.

George: I'm pleased my thanks has been accepted—wonderful.

Remember, all things that exist within your planet has its counterpart in our world. Your words of wisdom and truth will be placed with many others by those of us who have guided and inspired you. We know at some stages of your combining these words, that there were a few doubts—but not for long. We uplifted and upheld, we knew that the truth would come forth; that is why and that has been the purpose of your joining this group, that these words would be known. People will accept or they will deny them, but you can have no control over that, my dear friend. You have done the task that we had set for you and again we say to you, many thanks.

George: Thank you, that is a two-way thank you.

We can do many things from our world, but we do need the human element and the instrument to bring forth into the physical world all that we say. Let that divinity within you continue to grow. That is my word to you my dear friend.

Lilian: Will you take any more questions?

If you have more questions, I will be happy to take them.

Mark: I read a newspaper article about a lot of UFO activity off the Puerto Rican coast, where the ocean is supposed to be at its deepest apparently and fishermen have reported having UFOs flying under their boats—well flying/swimming under their boats. They say that the fishermen were trying to poke them with their oars and when they touched where they thought they were, the luminosity went from the space ships and when they pulled their oars up again, the luminosity came back and I wondered what was going on there, whether it was some kind of a clue or whether they were having fun with the fishermen.

Yes, you seem to have some interest with the water element in your world. Yes, you know and I have told you that there are many, many other forms of life and yes, there are travellers from other worlds, who have come to this planet. What you must remember is that their knowledge of energy is far greater than yours and, without knowing for sure, I would say that they were having a little fun with the humans involved. The luminosity is nothing more than energy and their control, as I have said, is far superior to humankind on this planet. Therefore they can produce many things, which to humankind would seem unbelievable. That is an aspect of their living that we will discuss at a further time, but it should suffice you to know that their visitations do exist. There are many ways of entry into this solar system, therefore my answer to you, if this was a genuine visitation from other planets, then they probably were having some fun. We will make some time for further discussion of this, when I return to you. We have many topics that we have to continue with and that will be our objective when I return to you in your new earthly year. Therefore in your quiet time my dear friends, I would suggest you think of your questions for me. We must go forward with knowledge and I will endeavour as much as I am allowed to, to give you a little more information which is understandable to you, but of course always we are held back by earthly words and the lack of psychic understanding on your part. But there is much we will discuss.

George: There seems to be a very long tradition of reincarnation where the Dalai Lama is concerned (**Yes.**) and it would seem to indicate that he is a very good man, who has reincarnated repeatedly (**Yes.**) to teach. Are you able to confirm this or would you wish to comment on it?

Yes, I have told you there are many Masters who walk this planet, and let us firstly say this to you: that those who have attained such knowledge have the ability to realize and understand spiritual ways. The gentleman you speak of has indeed reincarnated many, many times, in order that the teaching may continue. It is in fact, many different aspects of his soul; it is not the same aspect each time—of course, that would make little sense, would it not? (Yes.**) But it is felt that when one has reached such attunement between the physical world and our world, that that attunement must continue for the benefit of all who come into contact with him and of course for his own soul's growth. Do not doubt that by whichever name he reincarnates with, it is still many aspects of the one soul.**

George: Yes, so all the reincarnations would have a similar energy?

Yes, that soul has chosen that pathway and there is always a reason—perfect law is always followed, yes. Does that help you? (Yes, thank you.) Before that Spirit reincarnates, it already knows the task and the length of time which will be spent in your world. The one you speak of is indeed truly spiritual.

George: Yes, it appeared to me that he was different in the large number of reincarnations that have taken place. **(Yes.)** Thank you for your explanation.

Lilian: The lady that you are using, *(Eileen)* before she came back to the physical life, her life plan she would have realized and been told that she would blend or whatever with you for the teachings that you bring?

She would have no knowledge of that once she had reincarnated, but it would have been discussed.

Lilian: Before she came?

Yes, but she would have no memory of it. Is that helpful to you? (Yes, thank you.)

You must realize that there are cases of people being used by people from our world without their knowledge; this is something different. Most cases of mediums or people being ‘overshadowed’ shall we say, have known before they come that this is part of their life plan, although mainly unknown to them in the physical. (Yes, thank you.)

I will say only my dear friends that as I take my leave from you this time, how deeply touched I have been to have joined with you on so many of your occasions, that you have listened with quiet appreciation, with acceptance and knowledge and deep thinking, that you have taken the words of truth and spread them throughout your areas of living, varied as they may be and that between you, you have sown many seeds of truth. For this you cannot know how much it has helped your own growth, but I am happy to say to you that you do shine as beacons. You have filled the lives of others with those seeds and for this we must be eternally grateful to each one. I will take my leave my dear friends until such time as we meet again. (General thanks and farewells)